

Carolina entry

October 2017

101 North Carolina Festivals

page 20

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PERIODICAL

Your Touchstone Energy Cooperative

**Why readers
love their co-ops**
page 12

**Tips for a winning
State Fair recipe**
page 18

Fall weather makes for prime bass fishing—page 44

1.5 total carats of genuine Ethiopian opal for under \$100.

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So how about our price promise? We met that too. We want you to know there is absolutely no reason to overpay for luxury gemstones. The big name jewelers have been deceiving the public long enough, charging as much as \$16,000 for an Ethiopian opal ring. We won't trump up the price to make you think it's

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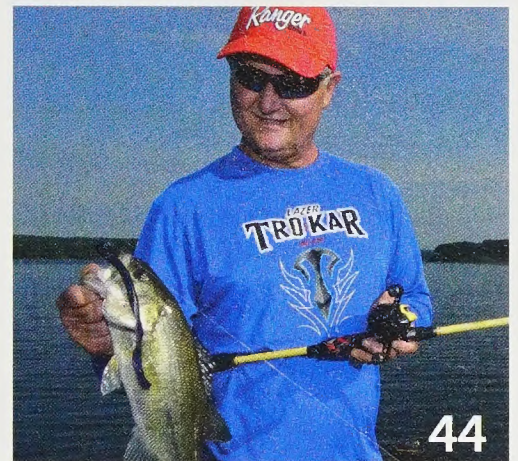
Smart Luxuries—Surprising Prices™



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101 North Carolina Festivals

Whatever the occasion, you'll find a festival for it. Keep our list handy year-round to join in the fun.

On the Cover

Mandolin player Sierra Hull on stage at the Wide Open Bluegrass Festival in Raleigh. Find a festival for you starting on page 20. Photo by Chip Henderson, courtesy of Visit NC.



CALL FOR SUBMISSIONS:

Carolina Country Scenes

Our annual photo contest has arrived! Send in your best to be considered for our January issue. See page 19 for details.

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

The Time-Tested Co-op Solution

By Adam Schwartz



During a dinner conversation with a 20-year-old college student, I was discussing my work with cooperative businesses. In particular, I was discussing my work with electric cooperatives. "You mean to tell me that the people in the community can actually own their electric company?" he said. I replied that yes, there are actually about 900 of them serving 42 million people and businesses. His response: "That is so cool. How do I start one?"

This little anecdote is emblematic of a nationwide renaissance of interest in the cooperative business model. Businesses like Uber or Airbnb may market themselves as part of the "sharing" economy, but in reality they are investor-owned businesses where the owners never have to use the service. Cooperatives, on the other hand, blend the best of the free market with an ownership model that requires the co-op to be responsible to the people who actually use the goods or services. The only other owners of your electric co-op are those in the community who also get electricity from your co-op.

There are more than 29,000 cooperatives in the United States in every sector of our economy, responsible for employing almost 1 million direct employees. Cooperatives generally fall into four categories:

Consumer: These co-ops are owned by the people who use the service, such as electric co-ops, credit unions, housing, retail food stores, and health care. They are designed to make the services available and affordable.

Producer: These include some of the best-known brands in the country: Sunkist, Welch's, Cabot Cheese, Land O' Lakes, Organic Valley and Blue Diamond. Farmers came together so they could better market and earn a sustainable price for their goods.


Purchasing or Shared Services: Co-ops such as Ace Hardware, Carpet One and True Value

are all examples of small business people coming together so they can buy goods at similar prices to the big box stores. Many franchise owners of brands like KFC, Pizza Hut and Burger King use a purchasing cooperative to keep costs lower and pass on the savings to consumers.

Worker Co-ops: In this type of co-op, the workers own the business, and it can be in any kind of industry. Successful worker co-ops include: Isthmus Engineering (more than 30 engineers own the firm and select their manager); and Equal Exchange, which imports coffee, tea and chocolate while paying a fair price to the co-op farmers who grow the products. Other worker co-ops include those for health care workers, taxi drivers and information technology.

What do all these co-ops have in common? They truly are designed to be "shared" by all the members, because all the users are owners. All co-ops share a commitment to the same seven cooperative principles, which connect all co-ops. In my work with co-ops from all sectors in this country and around the world, I can attest that there is a co-op solution for any possible challenge facing your community.

Co-ops are all about local people simply coming together to solve a problem. One of the reasons co-ops are so popular in so many different industries is that they answer the question: What's in it for me? With a solution that also serves we, the community.

So the next time you or your community is facing a problem, think cooperatively. Chances are, there will be a cooperative solution. 

Adam Schwartz is the founder of The Cooperative Way, a consulting firm that helps co-ops succeed. Contact him at aschwartz@thecooperativeway.coop or on Twitter: @adamcooperative.



THIS MONTH'S ISSUE: NC Festivals

If you like festivals, you're in luck: there's something for everyone in October. To mark the festive occasion, we're dedicating much of this issue to exploring our festive state. Also, October is Co-op Month! We asked readers to tell us why they love their co-op—from friendly, reliable service to innovative programs, you'll find their answers starting on page 12.

—Scott Gates, editor



Post-Eclipse Save

On August 21, my common sense got eclipsed when I put my precious laptop on the roof of our van—and then forgot about it. Before heading to Jackson for the celestial event, we drove off to Madison County, which included a spell on I-40. Hours later, Haywood EMC worker Elizabeth Sherrill reached me after many attempts to tell me that her co-worker Brandon Cogburn had found the laptop near Crabtree Methodist Church.

Mr. Cogburn and Ms. Sherrill, I am deeply grateful to you both for your great kindness to me in working so hard to return to me something that would have been a very difficult loss. May God bless both of you abundantly for your kindness to me. And I am deeply grateful to the loving culture of the mountains and to Haywood EMC.

*Elizabeth Semple, Waynesville
A member of Haywood EMC*



Brandon Cogburn



Elizabeth Sherrill

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Experiencing a power outage? Please contact your electric co-op directly to ensure prompt service. Visit ncelectriccooperatives.com/co-ops to find yours online.

Correction to a September Recipe

For the recipe for San Francisco Sheet Pan Supper (September 2017, page 42), frozen hash browns are listed as an ingredient. Instead use thawed hash browns from the dairy case (usually near the eggs, says recipe contributor Wendy Perry). If you are using frozen, thaw them first.

Winner: Lodge Cast Iron Cookware Sweepstakes

Paul and Jessica Zado, members of Carteret-Craven Electric Cooperative (CCEC), recently hit the road in their new camper, taking along a Lodge Manufacturing cookware package as the winner of our June sweepstakes.


The Zados live in Cape Carteret with their two children, Hannah and Jackson. Paul is a graduate of West Carteret High School and has served in the U.S. Coast Guard for 25 years. He was away on a buoy tender when the family was presented the prize, but was excited when his wife told him what they had won.

"He's the one that does most of the cast iron cooking," Jessica said. "That's his thing."

The cookware set, which is valued at close to \$470, included a six-quart Dutch oven, 60-inch tripod, cast iron trivet, cast iron skillet, a chuck wagon dinner bell, charcoal starter, cook-book and more.

CCEC, headquartered in Newport, serves nearly 40,000 homes and businesses in Carteret, Craven, Jones and Onslow counties.

"We are pleased that one of our members won the sweepstakes," said CCEC Communications Director Lisa Galizia. "What's even better is that this family has all the equipment they need to cook out when they go camping!"



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Union Power Provides Funding for Much-Needed Fire Truck

A new fire truck is on the road in Cabarrus County, thanks to funds made available by Union Power Cooperative. In 2016, Union Power partnered with Flowes Store Volunteer Fire Department to obtain funds for the purchase of a new pumper truck for the station. The truck was put into service this summer.

Union Power secured the \$300,000 loan for the truck through the U.S. Department of Agriculture's Rural Economic Development Loan and Grant (REDLG) program. The new pumper tanker can hold 2,500 gallons of water and replaces a 1989 model with a 1,000-gallon capacity.

"It was a great opportunity for Union Power Cooperative to be able to provide assistance to the fire department to obtain a much-needed resource to serve the community," said Union Power Executive Vice



Fire Chief Joey Houston (right) alongside Union Power Executive staff and members of the Flowes Store Fire Department.

President and General Manager Greg Andress. "Given the rural nature of the fire district they serve, there is limited fire hydrant coverage. By more than doubling their pumper tanker capacity, the fire department should be well positioned to serve their members."

North Carolina's electric cooperatives lead the nation in investments through the REDLG program. Over the past five years, electric co-ops have helped North Carolina communities receive more than \$50 million from the program, supporting the creation of more than 2,500 jobs.

NC's Wynn Represents Co-ops at Hearing

Roanoke Electric Cooperative President and CEO Curtis Wynn represented the nation's electric cooperatives during July 19 testimony to the U.S. House Agriculture Committee.

Wynn used the opportunity to discuss the potential benefits of investments in rural infrastructure ahead of the upcoming farm bill.

"Many people in our region don't have access to reliable internet. That puts our consumers, schools, hospitals and employers at a disadvantage," he told committee members. "You have a great opportunity, in an infrastructure package, to make needed investments that will address our unique challenges."



Help NC Track Broadband Coverage

If you missed it in our September issue, an online resource is still available to report broadband coverage in your area. The tool was developed by the NC Department of Information Technology's Broadband Infrastructure Office as a way to gather address-specific data beyond what is collected by the Federal Communications Commission. Visit NCbroadband.gov/map and click "Add Your Information" to get started. Refer to last month's issue for more detailed instructions ("Resource Helps Identify Rural Broadband Need," page 6).

For technical assistance with the map resource, contact information can be found at ncbroadband.gov/technical-assistance.

Cybersecurity at Home

Eight ways to keep hackers out

By Paul Wesslund

October is National Cybersecurity Awareness Month, and electric cooperatives across the country are joining forces to raise awareness about cybersecurity. Electric co-ops protect the private information of their members and ensure hackers don't tamper with the reliability of the electric grid. But consumers have a lot at stake, too—think about losing all the photos on your smartphone or having bank or credit card information stolen from your computer.

The team of cybersecurity experts at the National Rural Electric Cooperative Association suggest thinking of cybersecurity as “cyber hygiene.” Practicing it should become a habit, with some simple tips to protect yourself online:

1 Create a strong password.

If it seems hard to keep up with all the passwords for the different software and applications you use, at least focus on the main password that allows the primary internet access, like the ones that open your computer, phone and wireless router.

2 Keep software updated.

Notices of app updates often add security patches to protect against new threats. Updates usually come automatically from the software company. But be suspicious of update notices that arrive by email, especially if they claim to require urgent action. Visit the application's website to make sure the update is legitimate.

3 Be cautious when clicking on emailed links or attached files.

An email can even be disguised to look like it's coming from a friend or family member. Take a moment and move your cursor over a link to reveal the full address before clicking it. If the link doesn't include the name of the legitimate source, find another way to verify the link.

4 Install and use virus protection.

Buy your anti-virus software from one of the major recognized companies, and make it a subscription-type service that regularly sends automatic updates.

5 Don't use flash drives.

Those little thumb drives or jump drives you insert into your USB port may be handy ways to share lots of photos or other large documents, but as your mother might say, you don't know where they've been. Instead, learn to use Dropbox or other software solutions for transferring large files.

6 Back up your devices.


Make sure you have a current copy of everything on your computer or mobile device. Every few weeks, transfer your contents to an external storage system that you then unplug from your computer. You can buy an external hardware drive or online storage designed just for this purpose.

7 Secure all your internet-connected devices.

Hackers have started invading connected devices with weak, preset passwords like wireless printers and baby monitors. Read the instructions carefully, set good passwords, keep the devices updated and make sure any wireless routers in your home are secure as well.

8 Protect the kids.

Don't forget that children also need to be aware of and practice good cyber hygiene. They should know not to send out information such as birthdates and other ID numbers, as well as details like how long the family will be away on vacation. Learn to use parental control options on your hardware and software.

To learn more about National Cybersecurity Awareness Month and to view additional cybersecurity tips, visit www.staysafeonline.org. 

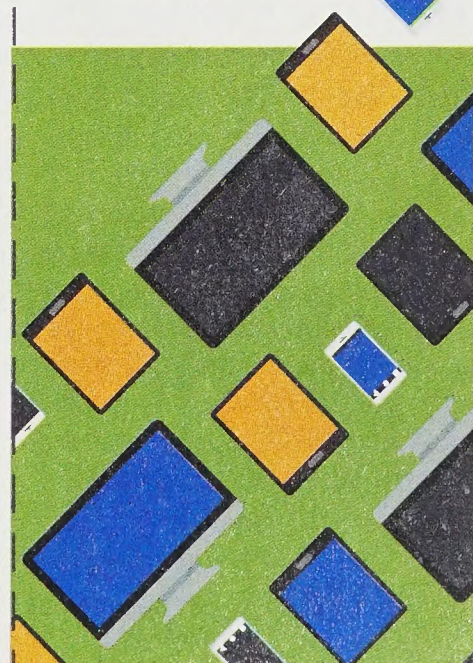
Cyber Hygiene Checklist

Clip and save this cybersecurity checklist to keep your computer and devices secure.

- ☐ Passwords are complex, using a mix of upper and lower-case letters and special characters.
- ☐ All software is up to date. (Check for automatic updates.)
- ☐ Anti-virus software is installed and up to date.
- ☐ All devices are backed up to an external storage system. (Back up devices every few weeks.)
- ☐ Preset passwords on all internet-connected devices, like smart TVs and fitness bracelets, have been changed to passwords only I know.
- ☐ Parental controls have been set on hardware and software to keep kids safe while browsing the internet.

October is National Cybersecurity Awareness Month.

For more cybersecurity tips, visit www.staysafeonline.org.



Farm Efficiency

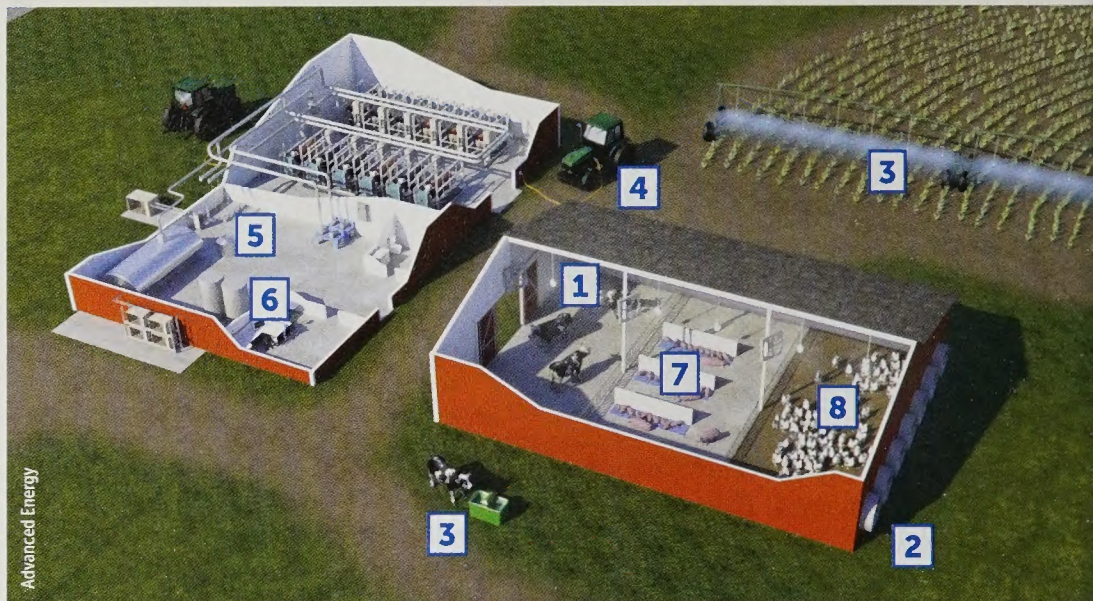
Technology options abound for energy savings in agriculture

By Jonathan Susser

Farming and agriculture are energy intensive industries. Energy efficiency practices have the potential to save the agricultural sector more than \$1 billion in energy per year, according to the American Council for an Energy Efficient Economy. No matter the type of farm, energy efficient technologies can help obtain that savings potential.

General energy efficiency options

- 1. Replace incandescent bulbs with LEDs.** LEDs use less energy and last longer than incandescent bulbs and CFLs without affecting productivity. In poultry houses, for example, LEDs can be used for both grow and brood lighting. However, before installing LEDs, make sure they are approved by your integrator.
- 2. Upgrade ventilation fans.** Effective ventilation is essential for managing poultry, swine, dairy farms and more, but it can consume a lot of energy, particularly in warmer weather. Replacing older ventilation fans with high-efficiency options can reduce energy consumption and produce both energy and cost savings. Fan motors can also run more efficiently and last longer when paired with a variable frequency drive (VFD).
- 3. Invest in low-energy water management.** Keep your animals hydrated with low-energy or energy-free livestock waterers, which use less energy, keep water fresh and prevent freezing. For crop irrigation, low-pressure sprinkler nozzles reduce pumping demands without limiting water flow, so your crops get the water they need at a lower cost, and your water source pumps last longer.



- 4. Set up an engine block heater timer on farming vehicles.** For those harsh cold snaps, engine block heaters make sure your vehicle is ready to go, but they do not need to run all night. Installing a timer allows you to start heating the engine just a few hours in advance, saving you energy and money.

Dairy operations

- 5. Install dairy plate coolers, VFDs and dairy scroll compressors.** Dairy plate coolers can help precool milk before it is stored, VFDs allow milk vacuum pumps to run more efficiently, and dairy scroll compressors can reduce electrical demand and milk cooling costs as compared with reciprocating compressors.
- 6. Use a dairy heat reclaimer to reduce waste.** Milk collection and storage use a lot of energy and can also result in wastes and losses. A dairy heat reclaimer allows you to capture waste heat from outdoor milk refrigeration units and use it to heat water.


Hog farms

- 7. Swap out heat lamps with creep heat pads.** Creep heat pads are similar to blankets and can be used for your swine nursery or fowl facilities.


Poultry houses

- 8. Pursue residential-like energy efficiency measures.** Building science principles used in residential construction can also be applied to agricultural facilities. Air sealing poultry houses can reduce air leaks as well as heating and cooling costs by limiting outside air from entering, and heated/cooled air from leaving. Adding insulation to exterior walls can slow heat transfer to help maintain your desired temperature year-round.

Along with these energy efficiency options, it is also important to conduct routine maintenance on existing systems. Checking lights, coils and fans for dust, for example, can improve and strengthen equipment performance and reduce the need for additional labor and costs down the road.

The agricultural sector is ripe for energy efficiency opportunities. Although these technologies can cost additional money upfront, they help you reduce energy consumption and save money in the long run. 

Jonathan Susser is a technical writer and editor for Advanced Energy (advancedenergy.org), a nonprofit energy consulting firm.

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Why I My Co-op

In honor of Co-op Month, we asked our readers to tell us why they love their North Carolina electric cooperative. From the response we received, it's clear there is no lack of love for co-ops out there. Here are a few of our favorites.

'They Got Us Up and Running'

I grew up in Northern Alberta, Canada, and we had no running water or heat—so I take nothing for granted. I moved here 13 years ago when I married. I had no experience with hurricanes at all. One of my first hurricanes was Ophelia, and of course

But rest assured the hard-working guys at Carteret-Craven Electric were on the job and hard at it trying to restore power.

she knocked out our power. We had no heat and no power for two days, I think it was. But rest assured the hard-working guys at Carteret-Craven Electric were on the job and hard at it trying to restore power. I

deeply appreciate all they do—they got us up and running.

I've had to report a couple other issues and they were there in no time. I told my husband the difference between a city girl and a country girl is, the city girl would have got a hotel! I'm grateful for my childhood. It keeps me humble and taught me to respect and appreciate my "power guys."

*Shirl Parsons, Cape Carteret
A member of Carteret-Craven
Electric Cooperative*

Always Keeps 'the Juice Flowing'

I believe my love for my co-op started many years ago, when we first got electricity put in our house. It was the year of 1955 (or maybe 1956).

Can you imagine what my older brothers said to me (because I was the youngest and gullible)? All kinds of tales referring to all the bad things that would happen. They had me convinced the house might explode or burn down. Oh, kids. They had me convinced the house might explode or burn down. Oh, kids.

I was really wound up by the time they flipped the switch. But nothing happened, except we had light and didn't need an oil lamp anymore.

So when my dad moved down the river from the house, do you know who put the power lines across the river to him? That's right, Surry-Yadkin Electric Co-op. He loved them, too.

Surry-Yadkin EMC has always kept the juice flowing, or had it back on in a short time. Thanks, Surry-Yadkin.

*Nancy Stanley
A member of Surry-Yadkin EMC*

A Caring Philosophy

I am a proud member of Blue Ridge Energy, and I love my co-op for so many reasons! First, any time I have a question about my service, I can count on the kind, courteous, and knowledgeable Blue Ridge Energy family to help me.

I also appreciate how my co-op offers programs to help its members give back to their community. One such program is the NC GreenPower program, which allows members to support sustainable energy sources. Additionally, I participate in the Operation Round Up program, in which my monthly bill is rounded up to the next highest dollar amount, and the extra amount goes toward outreach for families in need. My co-op has a caring philosophy, and it shows.

Finally, I love receiving Carolina Country magazine every month, where I read heartwarming stories, see amazing pictures, collect delicious recipes, and learn of ways my co-op is working hard to provide excellent service at affordable costs.

*Sharon Mitchell, Fleetwood
A member of Blue Ridge Energy*

My co-op offers programs to help its members give back to their community.

My love for my co-op started many years ago, when we first got electricity put in our house.





carolinacountry.com/extras

See more from readers who love their electric co-op.

Innovation and Outreach

Making changes one consumer at a time is what I love about our electric co-op. Last summer, I read about the enrollment for the Time of Use program (TOU). It sounded like a good way to save money and help reduce our co-op's electric load during peak use hours—a win-win situation! As I asked many questions, the customer service representative was eager

to explain the program and encouraged me to check out the Wake Electric SmartHub. I discovered how useful the usage explorer

Innovative ideas, education and member outreach to effect change...

is in analyzing my energy use patterns and determining the energy hogs in my home.

The TOU plan allows me to be a part of the consumption solution while saving money. My household has made a concerted effort to use as little energy as possible during peak hours, which benefits everyone. (Maybe you will want to be a part of the solution, too?) The SmartHub has helped me become a smarter consumer of energy, while the TOU program has helped me save money. Innovative ideas, education and member outreach to effect change are all things I love about our electric co-op.

*Susan Bateman, Wake Forest
A member of Wake Electric*

Respectful Service

I love Tri-County EMC for several reasons. First and foremost is that I am a member. I feel appreciated, valued and experience a sense of belonging. The yearly membership meeting provides me with information, motivation, prizes, and it's fun. It is near my home. It was something my mother looked forward to for many years.

I am an elderly woman who lives alone. I am on an extremely tight budget. My co-op has worked with me during my most trying times.

Several years ago, I got frustrated because I could not pay my bill online. I went to the office near me. Two young men took me to a private office and proceeded to find the problem. It took a while, but they discovered it was the server I was using. It was not compatible.

They did not cause me to feel stupid nor ignorant.

I remember once they had to send someone out to disconnect due to non-payment. He was very courteous. After I paid my bill, he presented me with energy-saving light bulbs. I cried after he left. They could have caused me great embarrassment, but chose to gift me.

*Sharon Godwin, Mount Olive
A member of Tri-County EMC*

I am on an extremely tight budget. My co-op has worked with me during my most trying times.

Making the Very Best Better

Oh, what an opportunity to say to all the co-ops and the great state of North Carolina what I have felt for a long time. I was taught from birth to love the Pitt & Greene co-op. My daddy told me how they went off the main roads clearing the way to carry electricity to everyone who wanted it. It did not matter who you were. This wonderful service was taken to everyone on an equal basis. It brought such a joy to so many farm families and especially the elderly, whose eyesight had grown dim.

When my husband and I built our house at Lizzie, North Carolina, in 1964, it was situated at a point where we had a choice. Even though the other electric utility's service was cheaper at the time, we chose our wonderful Pitt & Greene EMC, because we knew they were a fair and great service, and always would be. It still is! During Hurricane Matthew, our neighbor's power [from a different utility] was out for almost a week, while ours was out for less than a day. They continue at all times to make the very best better. 🍷

*Nolah Ann Murphrey Dail, Snow Hill
A member of Pitt & Greene EMC*

...we knew they were a fair and great service, and always would be.





Can't Stop Jammin'

A sense of community brings folks back to PreddyFest year after year

Story and photos by Donna Campbell Smith



Tucked away on the banks of the Tar River in Franklin County, well off the beaten path, is a winding, two-lane country road that squeezes down to one lane across a bridge. Every August, thousands come to this spot and turn off to find 130 acres of rolling fields and woodlands. They are coming to PreddyFest.

Folks have made this annual pilgrimage for 20 years. They have come from all over America, as well as from other countries including England and Australia. Many arrive with campers and tents a week before the three-day bluegrass festival. (Camping is free with the weekend concert tickets.) Camp jammings and singings waft into the nighttime summer air with songs about Jesus, moonshine, mama and better times a-coming accompanied by banjo picking, guitar strumming, fiddling and bass playing.

While the music is the glue that holds this event together, it is more than music that draws these repeat visitors to PreddyFest year after year. Friendships are made and nourished at PreddyFest.

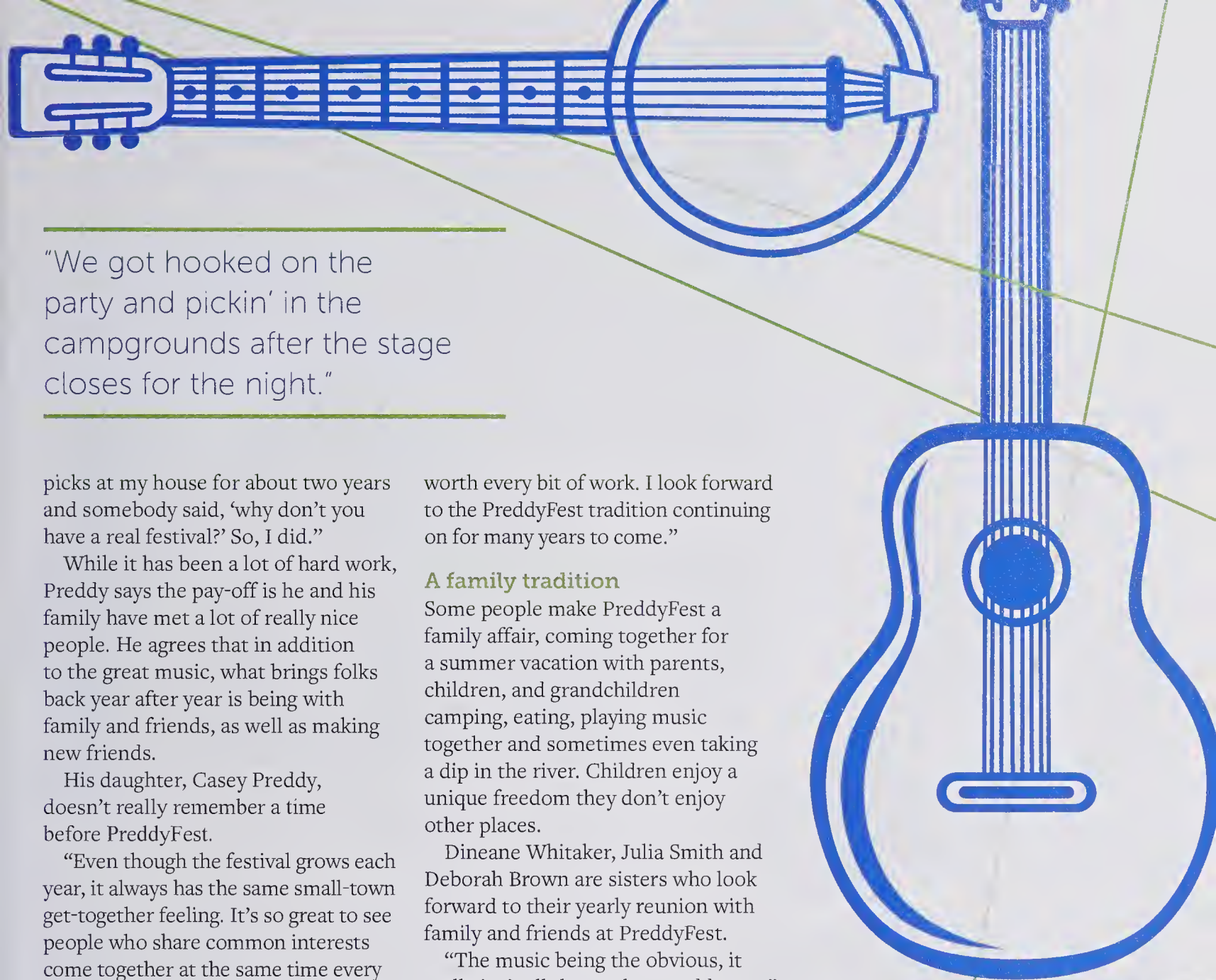
The people

As the masses arrive, little neighborhoods are created. Some choose to settle down by the riverbank, others create compounds under the shade of wooded acres, and those with fancy campers and generators to fuel air conditioning camp comfortably in the open areas. You'll find folks driving around on their golf carts seeking out people they haven't seen since the previous year.

Rodney Preddy, creator of PreddyFest, gives his guests the royal treatment, making sure everyone has everything they need. Ask anyone, and they will tell you this Franklinton resident is the ultimate host.

"Rodney and April are such good people. It just keeps getting better every year," says Lucille Howard. She and her husband, Johnny, have been travelling to PreddyFest from Virginia since it started in 1997. "We go because it's such a beautiful place, and to see friends."

Preddy's explanation for why he created the festival so many years ago is about as straightforward as they come: "I had been having camp and



"We got hooked on the party and pickin' in the campgrounds after the stage closes for the night."

picks at my house for about two years and somebody said, 'why don't you have a real festival?' So, I did."

While it has been a lot of hard work, Preddy says the pay-off is he and his family have met a lot of really nice people. He agrees that in addition to the great music, what brings folks back year after year is being with family and friends, as well as making new friends.

His daughter, Casey Preddy, doesn't really remember a time before PreddyFest.

"Even though the festival grows each year, it always has the same small-town get-together feeling. It's so great to see people who share common interests come together at the same time every year to enjoy the festival and each other's company," she says. "Even though there's a lot of behind-the-scenes work that goes on prior to the festival, it's

worth every bit of work. I look forward to the PreddyFest tradition continuing on for many years to come."

A family tradition

Some people make PreddyFest a family affair, coming together for a summer vacation with parents, children, and grandchildren camping, eating, playing music together and sometimes even taking a dip in the river. Children enjoy a unique freedom they don't enjoy other places.

Dineane Whitaker, Julia Smith and Deborah Brown are sisters who look forward to their yearly reunion with family and friends at PreddyFest.

"The music being the obvious, it really isn't all that makes PreddyFest,"

continued on pg. 16



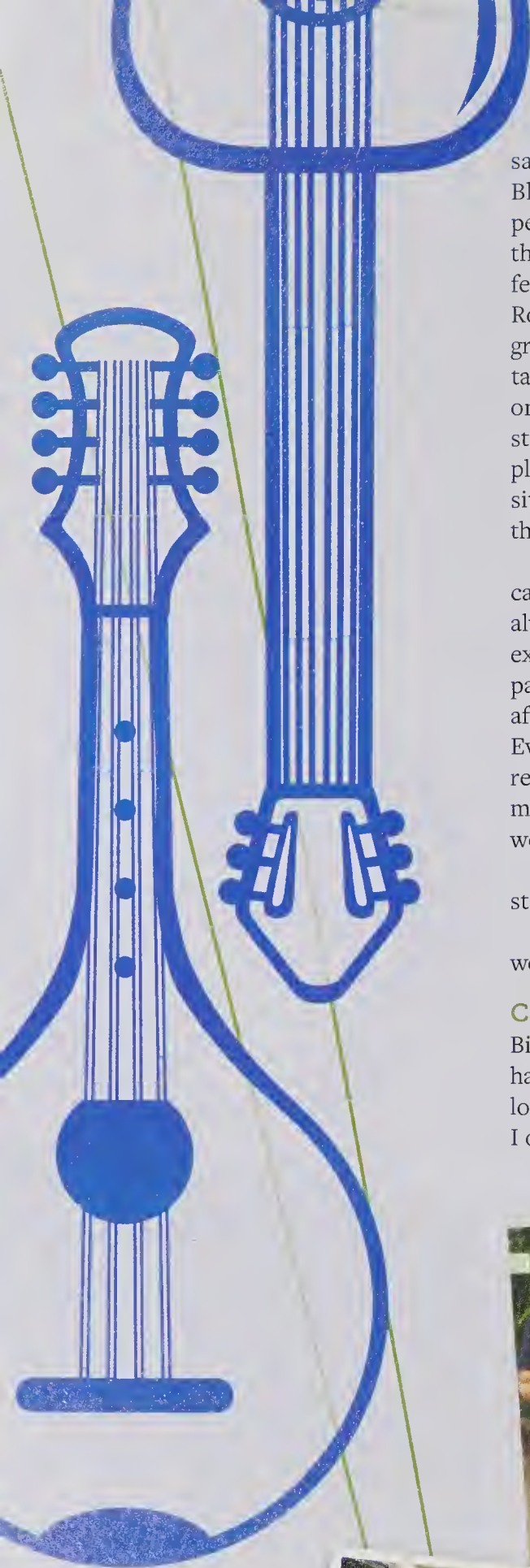
Rodney Preddy works hard to make the festival a great experience for all.



Sometimes a dip in the Tar River is a fun way to cool off at PreddyFest.



Camp picking with family and friends



says Brown, who comes from Bluffton, South Carolina. “It’s the people...the special group of people that we only see at PreddyFest that feels like a strange kind of family with Rodney and April at the top—the greatest folks on earth. That’s why it takes a week. It’s driving down the hill on the golf carts, and telling stupid stories about the years before...it’s playing music with our Daddy while sitting next to Momma. It’s watching the kids become a part of it.”

Whitaker admits that at first, they came just for the music. “Rodney always has a great lineup,” she explains. “But we got hooked on the party and pickin’ in the campgrounds after the stage closes for the night. Eventually it evolved into a family reunion. It’s been our primary summer vacation for over 15 years, and we love it.”

Smith agrees the music is great, on stage and in the campground.

“Cooling off in the river is nice as well, when it’s hot,” she adds.

Comforts of home

Billy Hobbs is a PreddyFest fan who has been attending for 17 years. “I look forward to seeing people who I only see once a year,” he says.

“Oh, and I love to cook outside. And there is always someone to play music with.”

On Thursday, the first day of the concert, food vendors arrive with ice cream, soft drinks, hot dogs, nachos, burgers and a Thai food stand. PreddyFest T-shirts, hats, and other souvenirs are a hot commodity once the actual concert days commence.

The grassy slope in front of the outdoor stage fills with music lovers sitting in chairs, on blankets and in a section of their own—the golf cart folks. Trees offer shaded relief from the heat. There are concerts on Thursday, Friday and Saturday.

Any other time on a hot August weekend, folks would seek the comfort of air conditioning, running water and toilets that flush, but not during Franklin County’s PreddyFest week. The last song is played on stage, but the music goes on till daylight.

The hardest part of PreddyFest is leaving. 📺

PreddyFest

Held annually, first weekend in August

2284 Green Hill Road, Franklinton
919-494-7471 | preddyfest.com



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Nicole S.

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Culinary Adventures of a State Fair Judge

By Wendy Perry

As the sun rises across the state on a special set of days in October, ladies and gentlemen, young and old, are putting final touches on their culinary creations and heading to Raleigh for each particular day's "Special Cooking Contest." Competition is stiff at the North Carolina State Fair.

I have had the honor of judging at the fair for a few decades. Time and again, folks ask me all about this: "Just how does one become a judge, and what does it take to win?" Come along with me on this culinary adventure behind the scenes of being an NC State Fair Judge...and pick up a few tips for what we look for in a winner!

The judges are a mixture of folk: media, contest sponsors, food writers, cookbook authors, chefs and home economists like me. Every year I meet new friends and see old ones, but I never know who will be in that little glass room with me each day. You may recall strolling through the Education Building and seeing us in there...sometimes smiling and sometimes grimacing.

Lisa Prince with the NC Department of Agriculture and Consumer Services (and the "unofficial mayor of Flavor, NC") has been running the cooking contests since 2003. We all take our job very seriously and appreciate the time and effort folks have put into their recipes, including the travel time it takes to deliver them safely to the fair grounds. Although not a scoring criteria, we appreciate those who make the extra effort to get their entry there in insulated bags or coolers to maintain an appropriate (i.e. safe) temperature. (You wouldn't want

to give us judges food poisoning now, would you?)

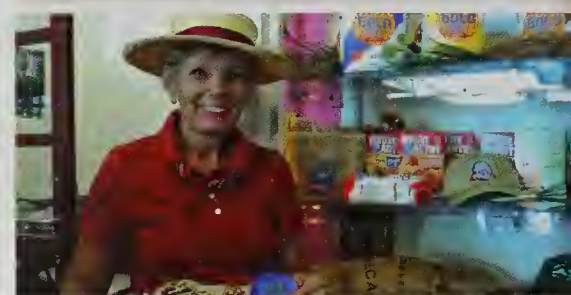
Some contests have both adult and youth categories. Most feature North Carolina commodities like pecans, pork, beef, sweet potatoes, eggs, peanuts, apples, and local vegetables. Others include House-Autry, based in Four Oaks, King Arthur Flour and even SPAM®! Yes, Spam. I have often been asked, "Why Spam?" Well, over the years there have been several contest sponsors from outside North Carolina. These are great for our contestants, because our fair winner's recipe automatically goes into the company's national contest. Although I'm not personally a fan of Spam, I requested to judge the category last year. I'm glad I did, because our Spam winner, Laurie Robertson of Weddington, went on to win the "Great American Spam Championship," which included a trip to Hawaii. When we tasted her recipe that day, the "ooohs" and "oh mys" rolled around the room as each judge tasted her Hawaiian Spam Crackle (spam.com/recipes/hawaiian-spam-crackle). Folks, I am here to tell you, you need to make some!

Deadlines for entering at the 2017 State Fair are early October, so set your eyes on a prize and get to cook'n! 🍳

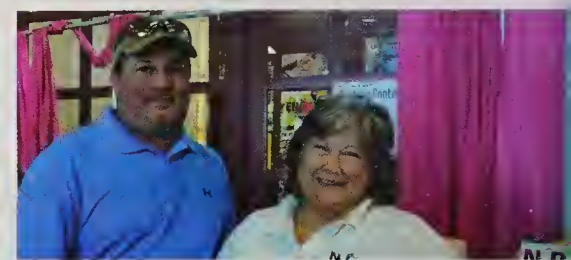
Wendy Perry is a culinary adventurer specializing in NC-made food products and small NC farms. She's a regular contributor to our Carolina Kitchen section.



(Left to right) Lisa Prince, Wendy Perry and Michele Holland



Carol Brown placed first in the 2016 pecan cooking competition.



Billy Narron (left) with the NC Pork Council's Terri Smith after placing first in the 2016 pork cooking competition.

Wendy's Tips for a Winning Recipe

Make sure your recipe meets the criteria.

Each contest has specific requirements and if not met, your entry is disqualified. Unfortunately, we have seen this happen to would-be winners. Pay close attention to this and the percentages of how we score recipes as they vary by contest.

A little garnish can go a long way!

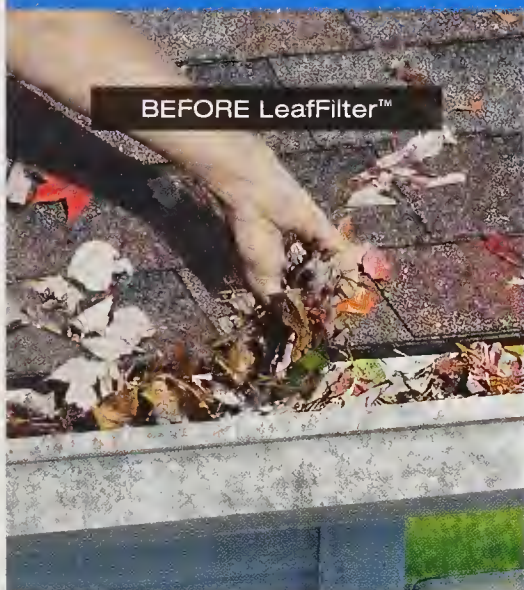
Remember, we all "eat with our eyes," and before our samples are dished out for tasting, we first see the dish as it was delivered.

Taste your dish and have others taste it too.

One of the most frequent disappointments is lack of seasoning and balance...and salt! Don't be afraid to add salt.

Visit bit.ly/statefair-contests for a full list of NC State Fair Special Cooking Contests, with rules, deadlines and cash prize amounts.

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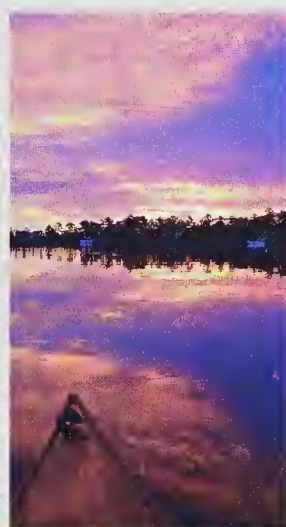
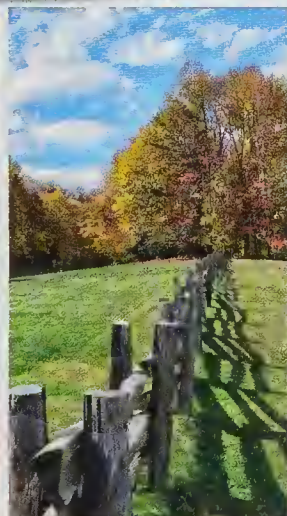
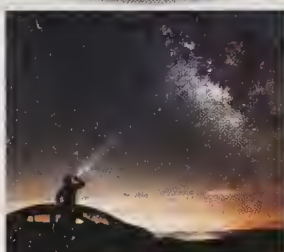
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CAROLINA COUNTRY SCENES *PHOTO CONTEST*

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay \$50 for each one published in the Carolina Country Scenes section of our January 2018 issue. Judges will select more for our "Photo of the Month" feature throughout 2018, and we'll pay \$50 for each of those.

Rules

Deadline: November 15, 2017

One entry per household

Digital photos should be a minimum of 1200 by 1800 pixels

Prints a minimum of 4 x 6 inches

Include your name, electric co-op, mailing address and email address or phone number

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

If you did not take the photo you are submitting, please tell us who did and, to the best of your ability, when it was taken so that we can appropriately recognize the person/organization.

We retain reprint and online rights. Visit carolinacountry.com/photocontest for full terms and conditions.

Payment will be limited to those entries appearing in print only, not entries featured solely on carolinacountry.com.

Send to

Online:
carolinacountry.com/photocontest
No emails, please.

Mail:
Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616



North Carolina FESTIVALS

October

▶▶▶ Barbecue Festival
ENERGYUNITED
Lexington | barbecuefestival.com

▶▶▶ Beast Fest
FOUR COUNTY EMC
Bladensboro | boosttheboro.org

▶▶▶ Carolina BalloonFest
ENERGYUNITED
Statesville | carolinaballoonfest.com

▶▶▶ Carolina Kite Festival
CARTERET-CRAVEN ELECTRIC COOPERATIVE
Atlantic Beach | birdsandkites.com

Carolina Renaissance Festival
Huntersville | carolina.renfestinfo.com



▶▶▶ Autumn Leaves Festival
SURRY-YADKIN EMC
Mt. Airy | autumnleavesfestival.com



▶▶▶ Norman Fest
PEE DEE ELECTRIC | Norman | normanfestnc.com
Local vendors, chainsaw carving and helicopter rides are a few of the big draws to this small town festival south of Candor.

▶▶▶ Havelock Chili Festival
CARTERET-CRAVEN ELECTRIC COOPERATIVE
Havelock | chilifestival.org
Havelock's largest annual charity event with cooking contests, vendors and more.

Lake Eden Arts Festival (LEAF)
Black Mountain | theleaf.org/the-festival

▶▶▶ NC Seafood Festival
CARTERET-CRAVEN ELECTRIC COOPERATIVE
Morehead | ncseafoodfestival.org

▶▶▶ NC Yam Festival
BRUNSWICK ELECTRIC
Tabor City | ncyamfestival.com

To say that we're a festive bunch here in North Carolina is an understatement. Whatever time of year and whatever the occasion, you will find communities coming together to celebrate.

We've pulled together a list of 101 unique festivals North Carolina has to offer—many of which are sponsored by electric cooperatives—and grouped them by month. Check this list year-round to ensure that, whatever your mood, you'll be able to join in the fun.

North Carolina Festival by the Sea
Holden Beach | bit.ly/festival-by-the-sea

Persimmon Festival
Colfax | colfaxpersimmonfest.com

Wilmington Riverfest
Wilmington | wilmingtonriverfest.com

Swansboro Mullet Festival
Swansboro | swansborofestivals.com



▶▶▶ NC Oyster Festival
BRUNSWICK ELECTRIC
Ocean Isle Beach | ncoysterfestival.com

Seaboard Festival Day

PEE DEE ELECTRIC

Hamlet | seaboardfestival.com

Since 1982, the Seaboard Festival has celebrated Hamlet's history as the "Hub of the Seaboard."

Wings Over Water Wildlife Festival

Outer Banks | wingsoverwater.org

Woolly Worm Festival

Banner Elk | woollyworm.com

November

All-American BBQ Festival

Fayetteville

cisofcumberland.org/when-pigs-fly



NC Poultry Jubilee

FOUR COUNTY EMC | *Rose Hill*

thenorthcarolinapoultryjubilee.com

Don't miss this chance to enjoy fried chicken from the World's Largest Frying Pan in Rose Hill. Music and carnival rides are a bonus.

American Indian Heritage Celebration

Raleigh | ncmuseumofhistory.org/AIHC-2017

Celebration of Seagrove Potters

Seagrove | discoverseagrove.com/events

NC Pecan Harvest Festival

BRUNSWICK ELECTRIC

Whiteville | ncpecanfestival.com

KEY

The triple pennant indicates festivals that are sponsored by electric cooperatives.

+ carolinacountry.com/festivals

Our list is by no means comprehensive — use our online comments section to share any favorites that we missed.

North Carolina Cotton Festival

Dunn | nccottonfestival.com

North Carolina Whirligig Festival

Wilson | whirligigfestivalnc.org

Seagrove Pottery Festival

Seagrove | bit.ly/seagrove-pottery-festival

WNC Pottery Festival

Dillsboro | wncpotteryfestival.com

December

Appalachian Christmas

Lake Junaluska | bit.ly/appalachian-christmas

Core Sound Decoy Festival

CARTERET-CRAVEN ELECTRIC COOPERATIVE

Harkers Island | decoyguild.com

Festival of Trees

Pinehurst | sandhillschildrenscenter.org/trees

Lu Mil Vineyard Festival of Lights

FOUR COUNTY EMC | *Elizabethtown*

lumilvineyard.com/festival-of-lights

Southport Winter Craft Festival

Southport | downtownsouthport.org

Swan Days Festival

Swan Quarter | swandays.com

January

African American Cultural Celebration

Raleigh

ncmuseumofhistory.org/events/festivals

Chinese Lantern Festival

Cary | boothamphitheatre.com

Winterlights

Manteo

elizabethangardens.org/winterlights-obx

February

Carolina Jazz Festival

Chapel Hill | music.unc.edu/jazzfest/events

North Carolina Jazz Festival

Wilmington | ncjazzfestival.com



Carolina Chocolate Festival

CARTERET-CRAVEN ELECTRIC COOPERATIVE

Swansboro | carolinachocolatefestival.com

Wilmington Wine & Chocolate Festival

Wilmington

wilmingtonwineandchocolatefestival.com

March

Alice Fest

Durham | alicefest.org

Named for filmmaking pioneer Alice Guy-Blaché (1873–1968), this festival celebrates Women's History Month by showcasing film and media work by women.

Blue, Brew & Que Festival

Kenansville | duplinbluegrassfest.com



Emerald Isle St. Patrick's Festival

CARTERET-CRAVEN ELECTRIC COOPERATIVE

Emerald Isle | 252-354-6350

Festival crowds go big in showing off their green, so throw caution to the wind when choosing Irish accessories for this one.

▶▶▶ Rumba on the Lumber
LUMBEE RIVER EMC | *Lumberton*
bit.ly/rumba-on-lumber



Carolina FiberFest
Raleigh | carolinafiberfest.org

April

▶▶▶ Big Lick Bluegrass Festival
UNION POWER COOPERATIVE
Oakboro | biglickbluegrass.com

Grifton Shad Festival
Grifton | griftonshadfestival.com

Fayetteville Dogwood Festival
Fayetteville | faydogwoodfestival.com

MerleFest
Wilkesboro | merlefest.org

▶▶▶ NC Pickle Festival
TRI-COUNTY EMC
Mount Olive | ncpicklefest.org



▶▶▶ Streetfest and Fireworks
CENTRAL EMC
Sanford | sanfordnc.net

This Downtown Sanford celebration features food, music, dancing, art and beer topped off with fireworks over Depot Park.

North Carolina Azalea Festival
Wilmington | ncazaleafestival.org

PirateFest
Greenville | piratefestnc.com

▶▶▶ Springfest
PEE DEE ELECTRIC | *Rockingham*
bit.ly/rockingham-springfest

May

▶▶▶ Aurora Fossil Festival
TIDELAND EMC
Aurora | aurorafossilfestival.net

Carolina Blues Festival
Greensboro | fest.piedmontblues.org

Carolina Roots MusicFest
Statesville | carolinarootsmusicfest.com



▶▶▶ Wooden Boat Show
CARTERET-CRAVEN ELECTRIC COOPERATIVE
Beaufort | beaufortwoodenboatshow.com
Beautiful handcrafted boats are on display, celebrating the art of North Carolina traditional wooden boatbuilding and the sport of boat racing.

Carolina Strawberry Festival
Wallace | carolinastrawberryfestival.com

▶▶▶ LaurelFest
PEE DEE ELECTRIC
Laurel Hill | Facebook @laurelfest.laurelhill

▶▶▶ NC Strawberry Festival
BRUNSWICK ELECTRIC
Chadbourn | ncstrawberryfestival.com

Ole Time Fiddler's & Bluegrass Festival
Union Grove | fiddlersgrove.com

▶▶▶ Sanford Arts and Vine Festival
CENTRAL EMC
Sanford | sanfordartsandvine.com

Yadkin Valley Wine Festival
Elkin | yvwf.com

June

American Dance Festival
Durham | americandancefestival.org

▶▶▶ Bogue Banks Kiteboarding Festival
CARTERET-CRAVEN ELECTRIC COOPERATIVE
Bogue Banks | kiteboardfest.com

▶▶▶ Croaker Festival
TIDELAND EMC
Oriental | croakerfestival.com

▶▶▶ Crystal Coast Music Festival
CARTERET-CRAVEN ELECTRIC COOPERATIVE
Atlantic Beach | crystalcoastmusicfest.org
It's hard to beat live music by the ocean. Don't forget your sunscreen for this all-ages, family friendly event.

▶▶▶ NC Blueberry Festival
FOUR COUNTY EMC
Burgaw | ncblueberryfestival.com

Rogallo Kite Festival
Kitty Hawk
kittyhawk.com/event/rogallo-kite-festival

State Annual Singing Convention
Benson | gospelsingingconvention.org
What is now the oldest continuous gospel sing in the country began in a tobacco warehouse in 1921. In 2018, more than 50 gospel singing groups are expected.

July

An Appalachian Summer Festival
Boone | appsummer.org

▶▶▶ Folkmoot USA
HAYWOOD EMC
Waynesville | folkmoot.org



VisitNC.com

Grandfather Mountain Highland Games
MacRae Meadows near Linville | gmhg.org

PreddyFest Bluegrass Festival
Franklinton | preddyfest.com

September

Ayden Collard Festival

Ayden | aydencollardfestival.com

This four-day event, which got its start in 1975, has been estimated to draw 15,000 visitors to celebrate the healthy greens its named for.



Lino Verna

NC Honey Festival

BRUNSWICK ELECTRIC

Whiteville | nchoneyfestival.com

Bluegrass Island Festival

Manteo | bluegrassisland.com

Carolina Bible Camp Bluegrass Festival

Mocksville | cbcbluegrass.com

Dublin Peanut Festival

FOUR COUNTY EMC

Dublin | dublinpeanutfestival.com

Engelhard Seafood Festival

TIDELAND EMC

Engelhard | 252-588-05080

Festival of Books and Authors

Winston-Salem | bookmarksnc.org

Hog Day

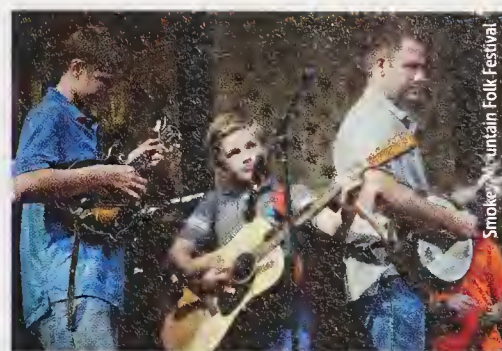
PIEDMONT ELECTRIC

Hillsborough | hogday.org

Muscadine Harvest Festival

FOUR COUNTY EMC & TRI-COUNTY EMC

Kenansville | ncmuscadinefestival.com



Smoky Mountain Folk Festival

Smoky Mountain Folk Festival

Lake Junaluska | lakejunaluska.com

Held each Labor Day weekend, this festival has offered traditional music and dance of the Southern Appalachian Region for nearly half a century.

National Folk Festival

Greensboro | nationalfolkfestival.com

NC Fall Festival

LUMBEE RIVER EMC

Raeford | Facebook @ncfallfestival

Formerly the NC Turkey Festival, this event has expanded to celebrate the coming of fall in Raeford and Hoke counties.

NC Spot Festival

FOUR COUNTY EMC

Hampstead | ncspotfestival.com

North Carolina Hot Sauce Contest

Oxford | nchotsaucecontest.com

Personality Festival

PIEDMONT ELECTRIC

Roxboro | Facebook @PersonalityFestival

Sweet Potato Festival

Rockford | rockfordgeneralstore.com



Richard Mathis Photography

Lumbee Homecoming

LUMBEE RIVER EMC

Pembroke | lumbeehomecoming.com

August

Beaufort Pirate Invasion

CARTERET-CRAVEN ELECTRIC COOPERATIVE

Beaufort | beaufortpirateinvasion.com

National Black Theatre Festival

Winston-Salem | nbtf.org

NC State Bluegrass Festival

Marion | bit.ly/ncstate-bluegrass

Ocracoke Fig Festival

Ocracoke Village | bit.ly/ocracoke-fig-festival



North Carolina Apple Festival

Hendersonville | ncapplefestival.org

For more than 70 years, the lure of freshly picked apples has called festival-goers to this event at and around Hendersonville's historic courthouse.

A Big Personality in a Small Town

Many know Roy Krege simply as 'Mr. Woolly Worm'

By Leah Chester-Davis



Avery County Chamber of Commerce

Roy Krege poses to promote the Woolly Worm Festival with the Woolly Worm mascot (Merryweather) and a few children from the community.

Banner Elk, the small mountain town known for its annual fall festival celebrating the tiny woolly worm, is home to a big personality. Roy Krege, known as Mr. Woolly Worm, is a lively, chant-yelling, woolly-worm-race-calling, emcee extraordinaire who pulls people in to the excitement and generates laughter and goodwill.

"Roy is as excited and focused on calling the worm races as the announcer of the Kentucky Derby," says Mary Jo Brubaker, governor-elect, Carolinas District of Kiwanis International. "Roy's energy is contagious."

As Mr. Woolly Worm, Krege dons a special yellow jacket and pink trousers with all sorts of festival-related logos, slogans and graphics. His special hat has woolly worms crawling all over it and he grows a thick beard for the festival. Not everyone has the moxie to carry that off, adds Brubaker.

Through his year-round promotional efforts of the festival and its iconic weather-predicting caterpillar, Krege has helped grow the Woolly

Worm Festival into a major attraction.

"We promote everywhere," he explains. "We make a big deal of it. Even the BBC [British Broadcasting Corporation] has done three specials on the Woolly Worm Festival!"

Despite this, he claims to be only the front man.

"I get a lot of attention, but there are a lot of other people in the background who do a lot of work. There wouldn't be a festival without them," he says.

On a recent Saturday as Krege flipped through scrapbooks of photos, certificates and mementoes, it was apparent that this man—who volunteers as emcee for countless events, is a charity auctioneer, is involved in Lees-McRae Summer Theatre and myriad other activities—relishes his role in a community he loves. He tears up when recalling special memories of how involving others and making sure they have some attention makes such a difference.

"I love to do things that other people can enjoy," he says. "The festival is a way to offer something to folks who live here and those who visit. Whether

you are three years old or 90 years old, you can race a woolly worm!"


Krege's service mindset seems to be his biggest hallmark, and those who know him affirm that.

"Roy Krege is the closest person to a Good Samaritan that I have ever known," says Brubaker. "He is a friend to all and cares deeply about his family, friends and community. Roy is a true servant leader. People in our community look to Roy for leadership because they know he will work hard to ensure the success of any responsibility he takes on."

October 21 and 22 this year will mark the 40th Annual Woolly Worm Festival (woollyworm.com). Krege, who has been involved every year (and as Mr. Woolly Worm for 38), will be honored for his numerous contributions to Banner Elk and Avery County.

"Roy gives beyond the call of duty with any project or task he has at hand," says Babette McAuliffe, a member of the Avery County Chamber of Commerce and publisher of Carolina Mountain Life magazine. "He has single-handedly given so much back to our community in terms of volunteer hours that it would take five people to replace the jobs and tasks he takes on to make this a better place to live."

It's a bittersweet time for Krege. Due to health issues, he is passing the torch to three others who will work together to fill his shoes as Mr. Woolly Worm at this year's festival.

"My guess," says McAuliffe, "is that we will still see him braking for worms on the roads and at the festival giving his all to the thousands who visit. When I see him out and about in the community, I know he is on a mission to make a difference." 

Leah Chester-Davis loves to explore North Carolina. Her business, Chester-Davis Communications (chester-davis.com), specializes in food, farm, gardening and lifestyle brands and organizations.

The Growing 'Gig Economy'

Tips to maximize your freelance earnings

There's an exciting career revolution taking place for those who want to call their own shots, set their own schedules and control their destinies. Say hello to the "gig economy," a booming labor market characterized by short-term contracts and freelance work.

Nowadays, more and more Americans are taking gigs. According to a Princeton University study (bit.ly/princeton-gigs), the percentage of workers engaged in alternative work arrangements rose from 10.7 percent in February 2005 to 15.8 percent in late 2015, while employment in traditional jobs rose by only 0.4 percent during the same period.

A 2016 study conducted by the Freelancers Union and Upwork found 35 percent of the U.S. workforce freelances in some capacity. That's about 55 million Americans, up from 53 million in 2014. And 29 percent of workers have a side gig, especially millennials (44 percent of 25- to 34-year-olds and 39 percent of 18- to 24-year-olds), according to a CareerBuilder survey (bit.ly/careerbuilder-gigs).

...35 percent of the U.S. workforce freelances in some capacity.

These days, being a freelancer, consultant or independent contractor might mean selling goods online or running a home-based tech support business. Whether you're a new graduate looking for a job, a retiree looking for extra cash, or a stay-at-home parent hoping to grow your nest egg, there



are many advantages to becoming part of the gig economy. Here are a few ways to cash in.

1 What's your worth?

When it comes to getting paid, many times you set your own fees. Check freelancer and independent contractor websites to learn the going rates for services. For example, free resources include the Editorial Freelancers Association's website to learn the going rates for layout, writing, editing and Web design services (the-efa.org/res/rates.php).

2 Know your tax deductions


Avoid additional tax assessments and penalties by reporting all income received on your tax return. Do your research and talk to a certified accountant to see what deductions you are eligible for. Common deductible expenses include gas mileage, subscriptions, and tools, equipment or services used for business.

3 Protection, in case

Many personal insurance policies don't cover costly incidents that

happen when you are being paid to do a job, but there are exceptions. "Some insurance carriers offer special policies and endorsements that protect gig economy workers," says Ann Zaprazny, senior vice president of Commercial Products, Erie Insurance. Her company advises gig economy workers to talk with their insurance agents about their specific situations before taking on risk. "Without such coverages, you could be on the hook for expenses if, for example, you get into a car accident on the way to pick up a passenger while driving for a ridesharing service, or are a victim of theft when your in-home stock of LuLaRoe inventory goes missing."

4 Open a retirement account

Four in 10 self-employed workers don't have a retirement account, according to a survey from Small Business Majority. Opening an Individual 401(k), a Simple IRA or SEP IRA are among ways self-employed individuals can save for retirement. 

—StatePoint



Building Your Nest Egg

Small steps can lead to significant savings

By Allison Goldberg

Life costs money, and the more “life” your income supports—such as children, pets, dependent parents, hobbies and vacations—the harder it can be to save. Here are a few tips to help you build your nest egg.

Banking and insurance

Move your money into a saving account at a bank or credit union that offers higher interest than what you are getting now. If you receive your pay through direct deposit, deposit a workable amount of each paycheck into your savings account.

Shop around for ways to save money on auto and home-owners’ or renter’s insurance. Insurers often offer discounts if you have multiple policies with them. Sometimes you can get discounts based on a student driver’s good grades, being a veteran and other qualifiers.

Credit cards

If you carry credit card balances, call your credit card companies and ask for an interest rate reduction. Mention you are comparing your options in the marketplace. If you pay off a credit card, don’t spend the extra money you now have. Instead, put it into your savings account or your 401(k) or IRA account.

At home

Television has two purposes. One is to entertain, and the other is to sell you things. Reducing your cable package to the bare minimum will save you money each month and reduce the effects of advertising on your budget. Call your provider and ask about options and better deals.


Or, cut the cable TV cord entirely. Less expensive monthly alternatives are abundant. They include

connecting your laptop to a TV screen and watching shows aired on TV channel websites, or purchasing a Wi-Fi streaming device and subscribing to streaming services. (And don’t forget the low-tech TV antenna option for local channels).

Embrace the idea of “Doing It Yourself.” Thanks to the internet and your local library, how-to information about nearly everything is available for free. Whether it’s making a delicious, homemade latte instead of buying it or caulking windows to save on your energy bills, there are many resources, including easy-to-follow videos, which can help you make your DIY project a success.

An ounce of prevention

Enact a mandatory waiting period before making purchases. Whether it’s 30 seconds for items you’re adding to your grocery cart, 30 minutes for less expensive items you want to buy or 30 days for large purchases, living without and having time to contemplate the necessity of an item will often keep you from purchasing it.

There are many useful tips to be found from news sites and magazines that focus on finance. Your bank or credit union may also have resources or seminars to help you learn more about personal finance. 

Allison Goldberg writes for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation’s 900-plus consumer owned, not-for-profit electric cooperatives.

Co-op Month Word Search

Did you know October is National Co-op Month? Co-ops are different types of businesses because they are not-for-profit and are owned by the members they serve—including you!

Use the word bank to find the words associated with co-ops in the puzzle below.



Word Bank

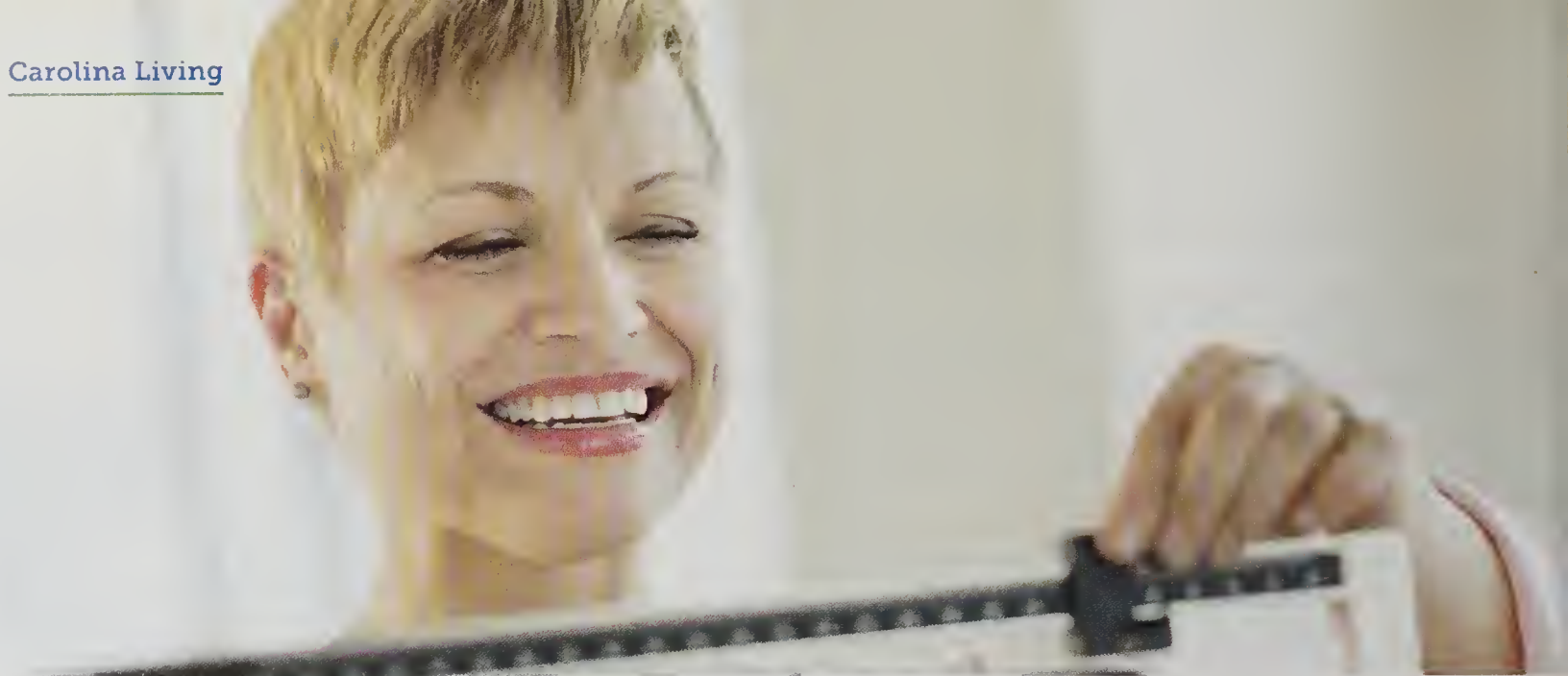
PRINCIPLES
 CO-OP MONTH
 PARTICIPATION
 MEMBERS
 DEMOCRACY
 COOPERATION
 NOT-FOR-PROFIT
 COOPERATIVE
 EDUCATION
 COMMUNITY

For answers: carolinacountry.com/octoberwordsearch



NC Electric
Cooperatives
Your Touchstone Energy® Cooperatives





Weight Loss Success with Protein

Fewer calories, more protein is a winning combo

Do you pay attention to how much protein you eat at each meal? In a new obesity study, Duke University researchers found women who ate adequate or high amounts of protein as part of a six-month weight-loss diet not only lost weight, they improved their ability to get around, too.

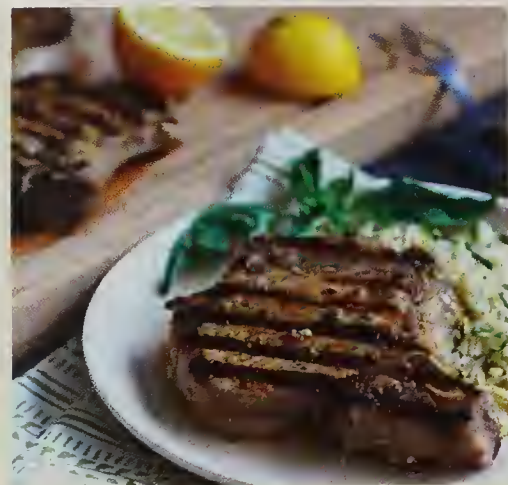
“There’s no magic bullet when it comes to weight loss,” said Connie Bales, a professor in medicine at Duke University in Durham. “But our research suggests a higher-protein, lower-calorie diet, including lean pork, could be a viable solution—especially for older women who are most at risk.”

While most Americans eat the majority of their protein at dinner, researchers suggest there could be benefits to spreading protein throughout the day. In this study, women ate 30 grams of protein at each meal with two of the meals, including lean pork. Choices like tenderloin, low-sodium ham, chops and lean ground pork are among the seven cuts of pork that meet the USDA guidelines for “lean.”

The next time you fire up your grill, try this flavorful recipe that provides 30 grams of protein. You can find additional pork-inspired recipes and nutritional information at the North Carolina Pork Council’s website (ncpork.org) and the National Pork Board’s website (porkbeinspired.com).

Grilled Lemon-Basil Pork Chops with Orzo

- 4 bone-in ribeye (rib) pork chops, about ¾-inch thick
- 3 small lemons
- 2 tablespoons olive oil
- 5 cloves garlic, minced
- 1½ tablespoons fresh basil, chopped
- 8 ounces orzo
- Salt & pepper, to taste



Zest and juice lemons. In a small bowl, combine lemon zest, lemon juice, olive oil, garlic, and basil. Set aside 3 tablespoons of mixture. Transfer remaining mixture to large resealable bag and add pork. Set aside for 30 minutes, turning occasionally.

Meanwhile, prepare orzo according to package directions. Drain and return orzo to pot. Stir in reserved lemon-basil mixture and salt and pepper to taste. Set aside to cool to room temperature.

Prepare a grill to medium-high heat and lightly oil grate. Remove pork from marinade and discard remaining marinade. Season pork with salt and pepper and grill until internal temperature reaches 145 degrees, about 4 minutes per side. Remove chops from grill and let rest 3 minutes.

Serve chops with orzo.

Yield: 4 servings

—FamilyFeatures.com

Not Sold
In Stores

First Ever! **ALLIS CHALMERS** Cuckoo Clock

▶ **Classic farm imagery from artist Dave Barnhouse is showcased on a hand-crafted wood cuckoo clock**

▶ **Precision timepiece with accurate quartz movement, a swinging brass-toned pendulum and "corn cob" sculpted clock weights**

▶ **Genuine Allis-Chalmers logos decorate the clock's face and pendulum**

▶ **Barn-shaped clock body features hand-painted hay bale, barrel and rooster sculptures for nostalgic charm**

Don't miss out— order now!

Strong demand is expected for this officially-licensed Allis-Chalmers first, so reserve your Allis-Chalmers Cuckoo Clock now at the attractive issue price payable in five convenient installments of \$39.99, totaling \$199.95*. Your purchase is backed by our 365-day money-back guarantee. Send no money now. Just complete and return the Reservation Application as soon as possible. Act now or you could miss out!

www.bradfordexchange.com/allis

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

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RESERVATION APPLICATION

SEND NO MONEY NOW

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YES. Please reserve the Allis-Chalmers Cuckoo Clock for me as described in this announcement.

Limit: one per order.

Please Respond Promptly

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State

Zip

*Plus a total of \$24.99 shipping and service; see bradfordexchange.com. Limited-edition presentation restricted to 295 crafting days. Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

01-23716-001-E67291

Over
1½'
high!



Sculpted rooster emerges from the "barn" doors to greet every hour with a cheerful crow

Clock with pendulum shown much smaller than actual size of appr. 20½" tall x 11" wide x 3½" deep.

Requires one "AA" and two "D" batteries, not included.



Allis-Chalmers is a registered trademark of Archer Well Company Inc.

Tar Heel Tidbits

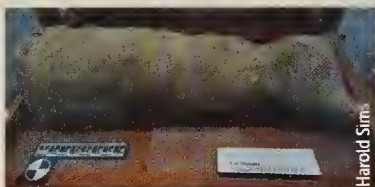
For the young (and young at heart)

Andrea Thompson



The Cat's Out of the Bag...

...about the recently opened American Museum of the House Cat. It pays homage to felines across the world through more than 5,000 curiosities. Items on display include rare carousel cats, modern and folk art, advertising, posters, art glass, clocks, and vintage and antique toys. There's even a medieval petrified cat pulled from a chimney in England and an Egyptian cat mummy (circa 330–30 BC).



Harold Sims



Andrea Thompson

The paw-some shrine, housed in an antique mall in Sylva, was the idea of Dr. Harold Sims, a retired biology professor (pictured left, below). The exhibits were curated from his 30-years-plus collection of all things cat.

Admission is \$5 per person, \$2 for children under 12.

Hours are 10 a.m. to 5 p.m., Tuesday–Saturday, and 12–5 p.m. Sunday.

All profits go to the Catman2 Shelter, a cage-free, no kill cat adoption center in Cullowhee that Sims opened in 2002.



Andrea Thompson

Museum information:

828-476-9376 or catman2.org/the-american-museum-of-the-house-cat.html.

+ carolinacountry.com/extras

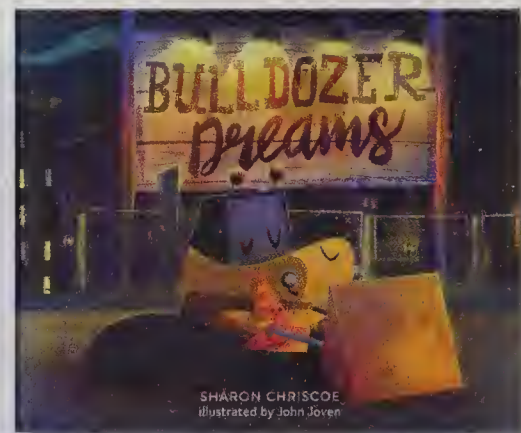
You know you love cat pictures. Check out more photos of cat artifacts on our website.



Andrea Thompson

How Does a Bulldozer Get Ready for Bed?

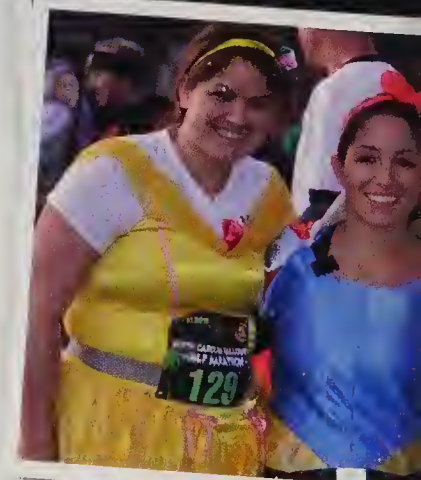
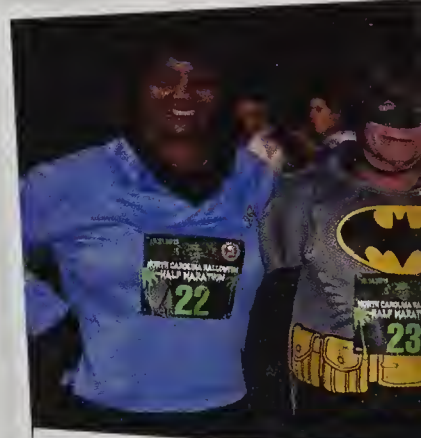
In this imaginative, fun tale, a tired bulldozer heads for slumberland after a long day of clearing dirt, rocks and trees. He stops by the “Wiggle and Shake” for a bath, then rolls up to the “Sip and Slurp” for supper (where his belly pan swells and gives up a burp). After choosing a bedtime story, he dreams sweetly of finishing his important work. Author Sharon Chriscoe, who lives in Pilot Mountain and is a Surry-Yadkin EMC member, enriches her tale with gentle, rhythmic verse. John Joven drew the charming, colorful illustrations. Hardcover, 34 pages, \$16.99 (available starting Tuesday, Oct. 3 at barnesandnoble.com). E-book is \$9.99 at amazon.com.



Frightfully Fun Fitness

Devilish dashers are getting ready to thrill onlookers at the Halloween Half Marathon & 5K, set for Sunday, Oct. 29, in Fayetteville. Runners are encouraged to run in costume for the 5K—other spook-tacular activities include games for all ages, health screenings, fitness speakers, costume awards, pumpkin carving competition and a free kids race.

Admission is \$20 and up. Visit bit.ly/2017nc-halloween-5k to learn more and to register online. More information about Fayetteville's other attractions is available at visitfayettevillenc.com, or call 910-483-5311.



Have a laugh!

Q: Where do ghosts go for a swim?

A: The Dead Seal

Do You Brake for Fried Chicken?

If so, no need to skid! You can plan ahead for your next stop with a new road map that highlights eateries that specialize in this yum-o-licious dish. The map marks more than 300 sites across North

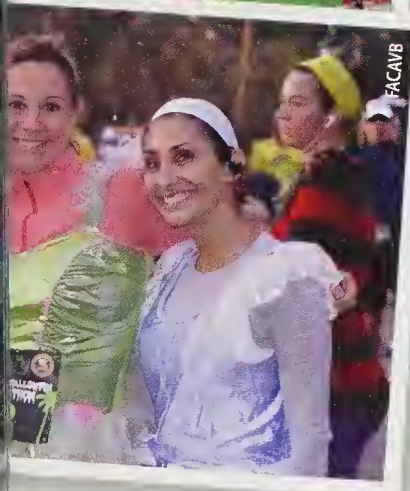
Carolina and South Carolina, ranging from traditional take-out joints and gas stations to church dining rooms and linen-clothed sit-downs. Each restaurant's round symbol

details how its fried chicken is made (battering method, frying method and oil type). There's also traditional Southern-fried biscuits, sandwiches, chicken-and-waffles, Nashville-style hot chicken, Korean double-fried, smoked-fried, and two styles native to the Carolinas—dipped chicken and Calabash chicken.



On the back of the map, restaurant listings are divided by state and include addresses, phone numbers and hours. Icons call out restaurants with a buffet or cafeteria line and places that are cash-only or take-out-only. Occasionally, a

description will note additional specialties to eat with your fowl, such as fried pickles (Danny's Place in Rockwell, NC). Road maps are \$9.99; posters \$29.99 (front of map only, no listings). To learn more or to order, visit ediamaps.com.



A New Observatory, One Ginormous Telescope

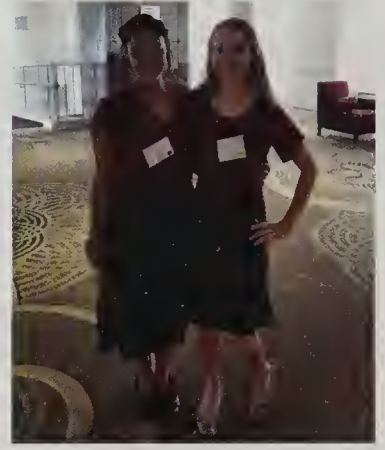
A new observatory in Burnsville houses the largest optical public telescope in the state. Bare Dark Sky Observatory's custom-built, 34" diameter Sam Scope allows users to see the jet stream, Saturn's rings and distant stars and constellations.

Bare Dark Sky Observatory, located at Mayland Community College's Earth to Sky Park, sits at 2,736 feet in elevation and offers a 360-degree view. It also offers a smaller planetary telescope for viewing planets and the Earth's moon.

Admission is \$5 for children ages 12 and under; \$10 per adult. To learn more, call 828-766-1214 or visit mayland.edu/observatory (where you can also make reservations for evening viewings). For more about Burnsville's other attractions: 828-682-7413 or exploreburnsville.com.



Jeremy Bare, observatory manager



Indivisible: Connecting Counties, Igniting Ideas



In June, when summer was in full swing, more than 100 4-H'ers and adults representing 49 4-H programs across the state attended **Citizenship North Carolina Focus**.

Youth delegates who attend this annual conference are encouraged to develop their leadership and citizenship skills through participation in workshops and group sessions. By gathering to exchange ideas, delegates gain knowledge and learn through hands on experiences about the importance of being an active and engaged citizen. This was reflected through this year's conference theme of Indivisible: Connecting Counties, Igniting Ideas.

Delegates who attended had the opportunity to hear dynamic speakers that encouraged and promoted youth

advocacy. Attendees learned about North Carolina state government and the collaboration between the government, for-profit and not-for-profit sectors in North Carolina. In addition, delegates learned about the North Carolina General Assembly and participated in sessions related to conflict and compromise, the Supreme Court, how to run for an elected office, and more!

The three-day conference culminated with a visit to the North Carolina General Assembly, where delegates met and talked with their elected officials and staff.

4-H Citizenship North Carolina Focus is sponsored by North Carolina's Electric Cooperatives. North Carolina 4-H is Cooperative Extension's youth development program.



Drug Companies Fear Release of the New AloeCure

Big Pharma stands to lose billions as doctors' recommend drug-free "health cocktail" that adjusts and corrects your body's health conditions.

by David Waxman
Seattle Washington:

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"!

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

TOP DOC WARNS: DIGESTION DRUGS CAN CRIPPLE YOU!

Company spokesperson, Dr. Liza Leal; a leading integrative health specialist recommends AloeCure before she decides to prescribe any digestion drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors like **Prilosec®**, **Nexium®**, and **Prevacid®**. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

Analysts expect the AloeCure to put a huge crimp in "Big Pharma" profits.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know

Acemannan has many of other health benefits?...

HELPS THE IMMUNE SYSTEM TO CALM INFLAMMATION

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune; the natural plant helps the body stay healthy.

RAPID ACID AND HEARTBURN NEUTRALIZER

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

SIDE-STEP HEART CONCERNS

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015 a major study shows that chronic PPI use increases the risk of heart attack in general population.

UNLEASH YOUR MEMORY

Studies show that your brain needs the healthy bacteria from your gut in order function at its best. Both low and high dosages of digestion drugs are proven to destroy that healthy bacteria and get in the way of brain function. So you're left with a sluggish, slow-to-react brain without a lot of room to store information. The acemannan used in AloeCure actually makes your gut healthier, so healthy bacteria flows freely to your brain so you think better, faster and with a larger capacity for memory.

Doctors call it "The greatest health discovery in decades!"

SLEEP LIKE A BABY

A night without sleep really damages your body. And continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. Some call it "Ghost Reflux". A low-intensity form of acid reflux discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

CELEBRITY HAIR, SKIN & NAILS

Certain antacids may greatly reduce your



body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair...more youthful looking skin... And nails so strong they may never break again.

SAVE YOUR KIDNEY

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balance body fluids, form urine, and aid in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest, if you started taking aloe today; you'd see a big difference in the way you feel.

GUARANTEED RESULTS OR DOUBLE YOUR MONEY BACK

Due to the incredible results people are reporting, AloeCure is being sold with an equally incredible guarantee.

"We can only offer this incredible guarantee because we are 100% certain this product will work for those who use it," Says Dr. Leal.

Here's how it works: Take the pill exactly as directed. You must see and feel remarkable improvements in your digestive health, your mental health, in your physical appearance, the amount inflammation you have throughout your body - even in your ability to fall asleep at night!

Otherwise, simply return the empty bottles with a short note about how you took the pills and followed the simple instructions and the company will send you...Double your money back!

HOW TO GET ALOECURE

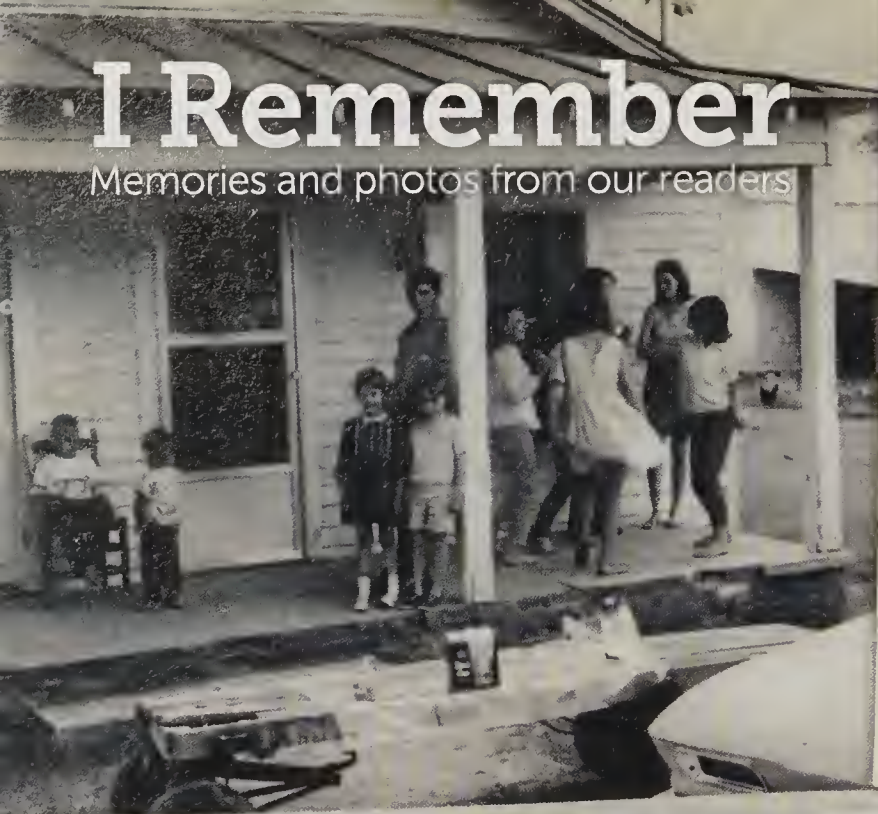
This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is available for readers of this publication only. All you have to do is call TOLL-FREE 1-800-808-6379 and provide the operator with the Free Bottle Approval Code: JC025. The company will do the rest.

Important: Due to AloeCure's recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back.

I Remember

Memories and photos from our readers



Birthday Porch Party

My old-timey 16th birthday party was on October 12, 1972. It was so much fun. My sisters, Nora M. Sasser and Eleanor M. Jordan, gave it for me. I am the baby of the family.

Nora and Eleanor cooked hot dogs and hamburgers on the grill. I am sure I had a cake, I just don't remember what kind.

The picnic table was Daddy's tobacco truck. At the party was all family. In the photo, that is me trying to dance with my dress flopping up. At the right of me is my cousin Pam Mitchell—don't tell me she can't do the "JERK." Also in the picture were my two nephews, two nieces, my brother and my other cousins. I am not sure, but I think Daddy and Mama were in the house trying to escape the music (you know how old people are)!

I sure do appreciate my sisters giving me that 16th birthday party. Life was so simple then.

*Doris Mitchell Burroughs, Mount Olive
A member of Tri-County EMC*

The Old Homeplace of Childhood

My paternal grandparents were very dear to me. As a child, I spent many days and nights on their farm climbing apple trees, picking luscious, purple grapes, and following grandpa through rows of homegrown vegetables in his garden.

They are shown in the photo after having Sunday dinner at the old homeplace. The silver tank to the left supplied gas for the small kitchen stove. To the right is the washtub used for bathing me, my younger sister and brother. Water would be heated in two large pots on the kitchen stove and combined with enough cold water in which to comfortably wash three kids. The child who was least dirty was washed first. This was common practice every weeknight; however, on Saturday nights, each child got a clean tub of water because mama washed our hair for church the next day.

The old homeplace was burned down by the Alexander County Fire Department several years ago. No trace of it stands today except for the memories—memories I will forever cherish and record for future generations.

Cathy Hickerson, Hiddenite, a member of EnergyUnited

Getting in Stovewood, Together

On June 6, 1949, Kermit became a big brother. From that day, his little brother Allen and he have looked after each other.

A few years went by and Kermit, the more adventurous of the two, fell and broke his leg while climbing after some grapes in a tree. The following weeks and months led to a cast, which became very uncomfortable. As Kermit lay in the bed, Allen would stand straddling the casted leg and lift the leg by Kermit's big toe, to relieve pressure, several times each day. It was a small gesture, but it was Allen's way of helping big brother.

In their elementary school years, as part of their daily routines, Kermit and Allen split the slabwood in the woodshed

and transferred it into the wood box on the back porch. The cut up wood could then be burned in the wood cook stove on which the family meals were prepared. Thus, they "got in the stovewood, together."

Allen became the more academic one of the two. His interest in school grew. He went off to college and became a teacher. Kermit became more interested in the out-of-doors. His interest in the outdoors grew. He married Louise and became a farmer. Through the years, although their jobs often led them in different directions, they continued to be there for each other. They "got in stovewood" with each other, no matter what task lay before them.

Allen met a co-teacher, Samantha, and married. Kermit



My Grandfather's Shoe

I keep my Grandpa's shoe displayed where I can see it. This is a constant reminder of his wisdom and grace. The shoe is built up several inches because my Grandfather, "Daddy Fred," had one leg shorter than the other. When he was a boy he fell out of a cherry tree and had a compound fracture. He said his leg was attached only by some skin. Someone made a wooden box to fit around his leg and he was in bed on his back for months while his leg grew back. This probably accounts for his patience with others.

He was an intelligent man who was well thought of in his farming community of Farmington. People came from all over the community to see Daddy Fred and ask him for advice about their problems. This is the wisdom that he shared with me. He said he listened politely when someone came to see him. When they asked for his advice, he always gave the same answer: "Let me sleep on it, and you come back tomorrow." He said, of course nobody came back because they just needed someone to listen to them talk things through to figure things out for themselves. They did not want advice. This has stuck with me even though Daddy Fred died in 1963.

He was so well liked and respected in the community. In 1939, my Grandfather, Fred Roberts Lakey, served on the first board of directors for the Davie Electric Membership Corporation (now EnergyUnited).

Mary Hooper, Seven Devils, a member of Blue Ridge Energy

was his best man. After a few years, the lady passed away. As always, Kermit was right there to support Allen. They were always there to "get in stovewood" together.

Times have changed. The two brothers are retired. Allen is no longer teaching and Kermit is no longer farming. Allen lives in the mountains in Alleghany County, and Kermit lives a few miles away in a nearby county with Louise, enjoying his children and grandchildren.

But almost every night, they call "just to check" on one another. So...in a different way, they are still "getting in stovewood" every evening, together.

Allen Wood, Sparta, a member of Blue Ridge Energy



Cherished Grandparents

I have been blessed in my life. We were not rich with money, but we were very rich with love in my family. When I was a little girl, I loved to stay overnight with my grandparents. They were simple people, with a simple life. They lived about a mile and a half off the main road. My granddaddy did not have a car so he would walk to the store to get the things they needed, and it was always so exciting to see what he would bring home.

They did not have indoor plumbing, so they would have to draw their water from the well outside. One of my sweetest memories is waking up in the morning at their house and hearing my grandma outside of my bedroom window. I would listen as she watered her flowers from a bucket of water that she drew from the well every morning. She would lovingly water each flower from her dipper, while she whispered sweet words to her flowers telling them how beautiful they were.

Another memory that I will always hold dear is my granddaddy reading to us every night before we went to bed. My grandparents would sit in straight chairs, and Granddaddy would read from the bible. Grandma would sit with her hands folded over her stomach and her eyes closed. She would always have the sweetest smile on her face while he read to her. He had such a strong yet soothing voice.

Even though my grandparents are gone our memories will always remain with me, and I cherish them deeply. I loved them very much and I look forward to seeing them again.

Sue Pope, Cameron, a member of Central Electric

Send Us Your Memories We love sharing photos and memories dear to our readers. Submit your photo, plus roughly 200 words that describe it, online or by mail with a self-addressed, stamped envelope if you want it returned (only one entry per household, per month). Include your name, mailing address, phone number or email address, and the name of your electric co-op. We retain reprint rights, and we'll pay \$50 for those we publish. **Online:** carolinacountry.com/contact **U.S. Mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

where

in Carolina Country is this?



If you know where this Carolina Country scene is, send your answer by October 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

By mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our November issue, will receive \$25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

September winner

The September Where Is This photo by reader Elizabeth Boyd features a landlocked lighthouse guiding the tractors through the tall corn on Creek Road in Bath, Beaufort County. Many readers know where this colorful barn and still-operating lighthouse are located. Janice Sullivan Wright recounted that her brother Gary Sullivan built the barn, then bought the lighthouse and set it up with the help of friends. In May 2014, Gary held a dedication at the barn for family and friends in memory of his parents, Sarah Boyd Sullivan and Joseph Moyer Sullivan. Leon Keech said the photo brings back memories that go back more than 75 years: "It shows how much has changed since those signs were in actual use." The winning entry chosen at random from all the correct submissions came from Lucy Crosby of Bath, a Tideland EMC member.



CAROLINA COUNTRY scenes Photo of the month



Rainey Pond Sunset

Late afternoon sun reflects through Cypress Trees on Rainey Pond in Grays Creek, Cumberland County.

Johnny Fermanides, Hope Mills, South River EMC

The Photo of the Month comes from those who scored an honorable mention from the judges in our 2017 photo contest ("Carolina Country Scenes," January 2017). See even more Photos of the Week on our website carolinacountry.com.

**Bigger
Buttons**

“My friends all hate their cell phones... I love mine!” Here's why.

**No
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**FREE
Car
Charger**

Say good-bye to everything you hate about cell phones. Say hello to the Jitterbug Flip.

“Cell phones have gotten so small, I can barely dial mine.” Not the Jitterbug® Flip. It features a large keypad for easier dialing. It even has a larger display and a powerful, hearing aid compatible speaker, so it's easy to see and conversations are clear.

“I had to get my son to program it.” Your Jitterbug Flip setup process is simple. We'll even program it with your favorite numbers.

“What if I don't remember a number?” Friendly, helpful Personal Operators are available 24 hours a day and will even greet you by name when you call.

“I'd like a cell phone to use in an emergency.” Now you can turn your phone into a personal safety device with 5Star® Service. In any uncertain or unsafe situation, simply press the 5Star button to speak immediately with a highly-trained Urgent Response Agent who will confirm your location, evaluate your situation and get you the help you need, 24/7.

“My cell phone company wants to lock me in a two-year contract!” Not with the Jitterbug Flip. There are no contracts to sign and no cancellation fees.



Monthly Plan	\$14.99/mo ¹	\$19.99/mo ¹
Monthly Minutes	200	600
Personal Operator Assistance	24/7	24/7
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
30-Day Return Policy ²	YES	YES

More minute plans and Health & Safety Packages available.
Ask your Jitterbug expert for details.

“My phone's battery only lasts a short time.” Unlike most cell phones that need to be recharged every day, the Jitterbug Flip was designed with a long-lasting battery, so you won't have to worry about running out of power.

“Many phones have features that are rarely needed and hard to use!” The Jitterbug Flip contains easy-to-use features that are meaningful to you. A built-in camera makes it easy and fun for you to capture and share your favorite memories. And a flashlight with a built-in magnifier helps you see in dimly lit areas. The Jitterbug Flip has all the features you need.

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now! Jitterbug product experts are standing by.

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www.JitterbugDirect.com

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IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. ¹Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a Jitterbug Flip and a one-time setup fee of \$35. Coverage is not available everywhere. 5Star or 9-1-1 calls can only be made when cellular service is available. 5Star Service will be able to track an approximate location when your device is turned on, but we cannot guarantee an exact location. ²We will refund the full price of the Jitterbug phone and the activation fee (or setup fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. There are no additional fees to call GreatCall's U.S.-based customer service. However, for calls to a Personal Operator in which a service is completed, you will be charged 99 cents per call, and minutes will be deducted from your monthly rate plan balance equal to the length of the call and any call connected by the Personal Operator. Jitterbug, GreatCall and 5Star are registered trademarks of GreatCall, Inc. Copyright ©2017 GreatCall, Inc. ©2017 firstSTREET for Boomers and Beyond, Inc.

October events

NC State Fair
Oct. 12-22, Raleigh

Mountains

Dream Home Tour

Oct. 6-7, Burnsville
828-766-1233
mayland.edu

Terri Clark

Country music
Oct. 7, Morganton
828-433-SHOW
commaonline.org

Harvest of Hope Tractor Ride

Benefit for children
Oct. 7, Waynesville
828-593-8327
olesmokytractorclub.com

Vintage Tin Car Show

Food, entertainment
Oct. 7, Lake Lure
828-429-5500
wsbum@bellsouth.net

Chairmaking Demo

With Elia Bizzarri
Oct. 7, Asheville
828-253-7651
grovewood.com

Hops & Harmony

Craft brew festival
Oct. 7, Statesville
704-878-3436
downtownstatesvillenc.org

Fall Festival

Crafts, live music
Oct. 7 & 8, Brasstown
800-365-5724
folkschool.org

High Country Quilt Show

Raffle, bake sale
Oct. 12-14, Maggie Valley
828-246-0557
highcountryquilters.wordpress.com

RamCorps

Theatrical brass, percussion troupe
Oct. 14, Morganton
828-433-SHOW
commaonline.org

Fiber Art Demonstration

With Susan Lenz
Oct. 14, Asheville
828-253-7651
grovewood.com

Lodge #460 Car Show

Oct. 14, Cliffside
828-447-4602
jkmccranie@bellsouth.net

Festival of Frescoes

Picnic food, crafts
Oct. 14, Glendale Springs
336-982-9538
churchofthefrescoes.com

The Ascent at Mountain Air 5K

Uphill race
Oct. 14, Burnsville
336-225-9245
gloryhoudevents.com

Flip Fabrique "Catch Me!"

Acrobatics, unique trampowall
Oct. 21, Morganton
828-433-SHOW
commaonline.org

Country Fair

Pony rides, mountain music
Oct. 21, Valle Crucis
828-963-4609
vallecountrypair.org

Woolly Worm Festival

Races, kid games
Oct. 21-22, Banner Elk
828-898-8395
bannerelk.com

Down Home Gospel

Oct. 26, Franklin
866-273-4615
greatmountainmusic.com

Trunk or Treat

Vehicle decoration, prizes
Oct. 31, Sparta
336-372-5473
renewspartanc.com

ONGOING

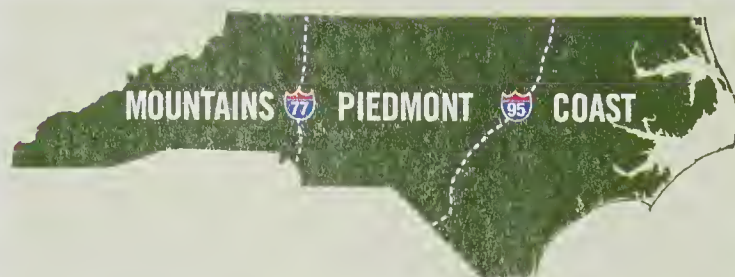
Smoke on the Mountain

Musical comedy
Oct. 5, 7, 12, 14, 19, 21, Franklin
866-273-4615
greatmountainmusic.com



carolinacountry.com/calendar

See more events online with photos, descriptions, maps and directions.



Listing Deadlines:

For Dec.: Oct. 25
For Jan.: Nov. 25

Submit Listings Online:

carolinacountry.com/calendar
(No email or U.S. Mail.)



High Country Quilt Show
Oct. 12-14, Maggie Valley

The Mousetrap

Agatha Christie's classic tale
Through Oct. 14
828-682-4285
parkwayplayhouse.com

Ghost Train

Through Oct. 28, Blowing Rock
877-898-3874
tweetsie.com

Little Shop of Horrors

Musical comedy
Oct. 6–21, Flat Rock
828-693-0731
flatrockplayhouse.org

Piedmont

Antique Power of Yesteryear

Tractor show, swap meet
Oct. 6–7, Albemarle
704-982-7896
kathylittle@ctc.net

Triangle Oktoberfest

Wiener dog races
Oct. 6–7, Cary
triangleoktoberfest.org

Lord Granville Harvest Show

Antique tractors, blacksmithing
Oct. 6–8, Butner
919-528-1652
igaha.com

Tar River Festival

BBQ cook-off, prizes
Oct. 7, Louisburg
919-496-3056
tarriverfestival.org

Glass Pumpkin Patch

Handblown creations for sale
Oct. 7, Star
910-428-9001
starworksnc.org

Seafood Festival

Music, variety of beverages
Oct. 7, Lake Gaston
252-535-2352
e-clubhouse.org/sites/lakegastonnc

Kiln Opening & Turkey Roast

Pots by Michael Mahan
Oct. 7–8, Robbins
910-464-6228
fromthegroundpots.com

Carolina's Best

Gospel music, luncheon
Oct. 12, Fayetteville
910-438-4100
widuanniversary.com

NC State Fair

Oct. 12–22, Raleigh
919-821-7400
ncstatefair.org

Norman Fest

Bands, classic cars
Oct. 13–14, Norman
910-652-3620
normanfestnc.com

Oktoberfest

Oct. 13–15, Hickory
Vendors, games
828-322-1121
hickoryoktoberfest.com

Film Festival

Oct. 13–15, Fayetteville
910-486-9036
indigomoonfilmfestival.com

Fall Festival

Crafts, live music
Oct. 13–15, Mount Airy
800-948-0949
autumnleavesfestival.com

Cape Fear Concert

Come dressed as a pirate
Oct. 14, Fayetteville
910-433-4690
fayettevillesymphony.org

Kirk Franklin & Friends

Gospel, contemporary music
Oct. 14, Fayetteville
910-438-4100
widuanniversary.com

5 Mile Yard Sale

Vendors, old, new items
Oct. 14, Carthage
910-638-9006
fatman@gmail.com

NC Vet-Fest

Music, poker run
Oct. 14, Fayetteville
910-627-3244
jacksonfarms2017.wixsite.com/
nc-vetfest

Old Fashion Day

Live music, kids' area
Oct. 14, Goldston
919-898-4937
bldenkins@embarqmail.com

O2 Fitness 5K

Benefits YMCA
Oct. 14, Cary
919-531-0423
app.racereach.com

5K, Fun Run

Silent auction
Oct. 14, Cary
919-793-5857
bit.ly/elliesrace

OctoberTour

Private homes, landmarks
Oct. 14–15, Salisbury
704-636-0103
octobertour.com

A Mind for Business, A Heart for People

Documentary about industrialist
Oct. 15, Kannapolis
704-262-1112
kgoodyear@walker-marketing.com

PJ Masks Live: Time to be a Hero

Musical with acrobatics
Oct. 19, Fayetteville
910-438-4100
crowncomplexnc.com

ZZ Top

Rock music
Oct. 20, Fayetteville
910-438-4100
www.crowncomplexnc.com

Quilt Show

Participate in demos
Oct. 20–21, Sanford
919-499-0766
heartsandhandsnc.org

Ole Mill Days Festival

Tractor pull, Kids Corner
Oct. 20–21, Hope Mills
910-426-4109
townofhopemills.com/346/
ole-mill-days

Dogwood Fall Festival

Brews, bands, hayrides
Oct. 20–21, Fayetteville
910-323-1934
faydogwoodfestival.com

Carolina BalloonFest

50+ hot air balloons
Oct. 20–22, Statesville
carolinaballoonfest.com

Show, Shine, Shag & Dine

BBQ, classic cars
Oct. 20–22, Kerr Lake & Henderson
866-438-4565
kerrlake-nc.com

Gold Rush 5K, Fun Run

Oct. 21, Gold Hill
704-267-9439
historicgoldhill.com

Old Time Square Dance

Live bluegrass, old-time music
Oct. 21, Denton
336-472-2802
dentondance.net

ComicCon

Celebration of pop culture
Oct. 21–22, Fayetteville
910-316-7251
fayettevillecomiccon.com

Halloween Revels

Night tours of Poe House
Oct. 25–27, Fayetteville
910-486-1330
museumofthecapefear.ncdcr.gov

Boo-Tanical Garden

Hands-on Halloween activities
Oct. 27–29, Fayetteville
910-486-0221
capefearbg.org



Fall Festival
Oct. 13–15, Mount Airy



Bill Russ - VisitNC.com

Barbecue Festival
Oct. 28, Lexington

Ghost Tour

Oct. 28, Gold Hill
704-267-9439
historicgoldhill.com

Barbecue Festival

Crafts, rides, live music
Oct. 28, Lexington
336-956-1880
barbecuefestival.com

ONGOING

NC in the Great War

Centennial Commemoration exhibit
Oct. 3–Nov. 12, Fayetteville
910-486-1330
museumofthecapefear.ncdcr.gov

American Craft Celebration

Hands-on pottery activities
Oct. 7 & 14, Seagrove
336-879-4145
discoverseagrove.com

Wait Until Dark

Classic thriller
Oct. 26–Nov. 12, Fayetteville
910-323-4233
cfrt.org

Coast

U.S. Open

King Mackerel Tournament
Oct. 5–7, Southport
910-457-5787
usopenkmt.com

Historic Landmarks Open House

Reception, self-guided tour
Oct. 6, Kill Devil Hills
252-449-5300
kdhnc.com

Seafood Festival

Chef demos, live music
Oct. 6–8, Morehead City
252-726-6273
ncseafoodfestival.org

Arts on the Perquimans

Bake sale, prizes
Oct. 7, Hertford
252-426-1432
perquimansarts.org

Alzheimer's Walk & Education Fair

Oct. 7, Washington
252-944-3446
alznc.org

Peanut Festival & Battle of the Bands

Parade, arts & crafts
Oct. 7, Edenton
252-482-8426
wdale@ecps.k12.nc.us

Three Hundred Years of Indian Woods

Tuscarora cooking, songs
Oct. 7–9, Windsor
252-794-3140
hopeplantation.org

Prism Concert

Interactive concert
Oct. 12, Mount Olive
919-634-5022
wgross@umo.edu



Know Before You Go

In case something changes after Carolina Country goes to press, check information from the contact listed.

Ghost Walk

Guided tour
Oct. 13–14, Edenton
252-482-3400
visitedenton.com

Elizabeth II Visits

Boat tour
Oct. 14, Edenton
252-482-2637
robert.hopkins@ncdcr.gov

Market Day

Pony rides, face painting
Oct. 14, Faison
910-267-2721

Harvest Market

Costume contest
Oct. 14, Shallotte
910-754-4302
townofshallotte.org

Quebe Sisters

Fiddle champions
Oct. 19, Oriental
252-617-2125
pamlicomusic.org

Martial Artists & Acrobats of Tianjin

Oct. 19, Pembroke
910-521-6361
uncp.edu/gpac

Oyster Festival

Live music, shag contest
Oct. 21–22, Ocean Isle Beach
910-754-6644
ncoysterfestival.com

Meet Author Travis Mills

Oct. 23, Mount Olive
919-634-5022
jhill@umo.edu

Taste of Edenton

Music, culinary treats
Oct. 27, Edenton
252-482-7800
ehcnc.org

Who's Bad: Tribute to Michael Jackson

Pop musical
Oct. 27, Pembroke
910-521-6361
uncp.edu/gpac

Blackbeard's Pirate Jamboree

Historic pirate reenactment
27–29, Ocracoke
252-928-6711
visitocracokenc.com

Frightfully Fun 5K

Oct. 28, Sunset Beach
910-363-6585
oldbridgepreservationsociety.org

Calabash Oktoberfest

Polka dancing, arm wrestling
Oct. 28, Calabash
910-616-6113
calabashoktoberfest.
multimediamoments.com

Holiday Bazaar

Crafts, food
Oct. 28, Morehead City
910-326-6164
facebook.com/OtwayBurnsNSDAR

Dismal Day & 5K Family Fun Run

Vendors, wagon rides
Oct. 28, South Mills
252-771-6593
bit.ly/Dismal-Day-5K

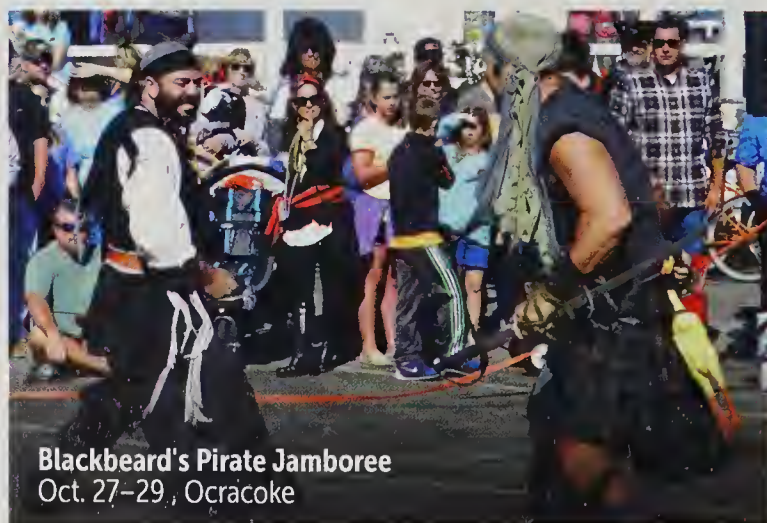
Gordon Kreplin

Spanish & Latin American music
Oct. 29, Oriental
252-322-5610
pamlicomusic.org

ONGOING

Parade of Homes

Oct. 20–22 & 27–29, Brunswick County
910-579-5544
brunswickcountyhba.org



Blackbeard's Pirate Jamboree
Oct. 27–29, Ocracoke

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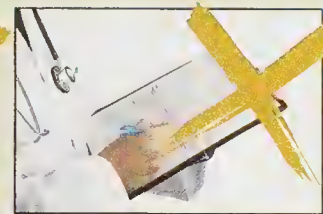
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**In FL policy is renewable until age 121.



Cold Floors, Cold Feet

By Hannah McKenzie

Q: Every winter, the hard floors in my home, including the cast iron bathtub, are freezing cold. My home has a crawl space foundation. Aside from wearing slippers or bracing for the shock of the cold bathtub floor, what can I do to have warmer floors this winter?

A: Getting out of bed on a chilly morning can be challenging when your feet are headed for a frigid floor. Rugs, socks and slippers are the cheapest options while you save money for the necessary home improvements. However, installing floor insulation without considering your whole house as a system may not noticeably warm the floors.


For warmer floors, you'll need to ensure heated air is staying inside your home. Here are some steps to take:

Air sealing: Keeping heated air indoors and cold air outdoors is the first step to making the inside of your home more comfortable and affordable to heat. Poufy soft insulation does not stop airflow, but caulk, spray foam and rigid foam board do. Focus on the ceiling plane before the floor plane because warm air rises. Details are important, so hire a home energy contractor or do it yourself with a handy guide from Energy Star® (bit.ly/energystar-sealing).

Duct sealing: If most of the heated air from the HVAC system never arrives inside your home, of course your feet will be cold...as will the rest of your body. Existing homes in North Carolina lose as much as 30 percent of heated air through tiny cracks and gaps in HVAC systems. Joints, pipes and fan boxes should be sealed with a material called duct mastic. Home energy and HVAC contractors are best suited for the job, but you can also do it yourself. An online video from FineHomebuilding provides a guide (bit.ly/fhb-ductsealing).

Insulating. Once all of the tiny holes and cracks are plugged, it is time to insulate the attic. Blown insulation tends to be most popular because it is low cost and can be filled around wires, pipes, vents and ceiling joists. Another option is spray foam insulation on the underside of the roof. We'll explore this method more thoroughly next month.

Floor Insulation. While the information above may seem unrelated to warming floors, these improvements prevent cold outside air from entering your home and will very likely keep your whole house—including the floors—feeling closer to the thermostat setting. But there are steps to take to better insulate the floors themselves. Floors in existing homes are traditionally insulated with fiberglass batts between the floor joists, which is a perfectly adequate and affordable way to insulate floors. To go the extra mile, many home energy specialists currently recommend closed crawl spaces with insulation attached to the foundation walls. Closed crawl spaces entail more than just closing the crawl space vents. Including all the closed crawl space parts and steps explained on crawlspace.org is important so you do not trap dangerous gasses or create a haven for termites and mold.

In the coming months, we'll explore spray foam insulation and closed crawl spaces in more detail. 

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Chicago Doctor Invents Affordable Hearing Aid

Outperforms Many Higher Priced Hearing Aids

Reported by J. Page

CHICAGO: A local board-certified Ear, Nose, and Throat (ENT) physician, Dr. S. Cherukuri, has shaken up the hearing aid industry with his new line of medical-grade, affordable hearing aids. *These revolutionary hearing aids are designed to help millions of people with hearing loss who cannot afford—or do not wish to pay—the much higher cost of traditional hearing aids.*

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Dr. Cherukuri knew untreated hearing loss could lead to depression, social isolation, anxiety, and symptoms consistent with Alzheimer's disease. He didn't know why hearing aids were so expensive when the prices on so many consumer electronics like TVs, DVD players, cell phones, and digital cameras had fallen.

Since Medicare and most private insurance plans do not cover the costs of hearing aids, which can cost between \$2,000-\$6,000 for a pair, many of the doctor's patients could not afford the expense. Dr. Cherukuri's goal was to find a solution that would help with the most common types of hearing loss at an affordable price, similar to the “one-size-fits-most” reading glasses available at drug stores. He evaluated numerous hearing devices and sound amplifiers, including those seen on television. Without fail, those were found to amplify bass/low frequencies (below 1000 Hz) and were not effective amplifying the frequencies related to the human voice.

Inspiration from a Surprising Source

The doctor's inspiration to defeat the powers-that-be that kept inexpensive hearing aids out of the hands of the public actually came from a cell phone

he had just purchased. “I felt that if someone could devise a smart phone for about \$700 that could do all sorts of things, I could create a hearing aid at an affordable price.”

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The Joys of Fall Bass Fishing

A bass pro shares there's more to the season than college football

A largemouth bass caught with a Texas-rigged plastic worm

Story and photo by Mike Zlotnicki

For many people, this is a special time of the year. The start of a new school year, college football, cooler temperatures and fall hunting are but a few of the reasons to welcome the season.

For Jeffrey Thomas of Broadway, a professional bass angler and guide (carolinaoutdoors.net), the fall means some of the finest bass fishing of the year.

"As soon as the water temps drop to about 60 or so, the shad start heading for the creeks, and the bass follow," Thomas says. "There's no firm date for that each year. An Indian summer can take keep high temps up into October. Temps in the 64 to 55 range are perfect. The key to finding bass is finding shad."

Early each fall, Thomas, who usually fishes with his terrier mix Tilly by his side on the casting deck of his Ranger bass boat, will start at the mouth of a given creek and work his way back until he finds the baitfish—usually gizzard shad or threadfin shad in North Carolina reservoirs. The bass will be close by.

At one point the shad will be in the very back of the creeks, before heading back out to winter in the main lake water sometime in November. (It's not unusual to have mass shad

kills in the frigid winter waters of some reservoirs.) The main lures to employ during this time are shad imitators, but one that Thomas uses to great success is a large Texas-rigged plastic worm.

"I like a big worm in the fall," he says. "It's versatile. If the bass are in the mouths of creeks I can fish it deep, or I can flip it shallow if that's where they are."

Thomas' favorite offering is Catch Outdoors' "BITE! Big 10-inch Diablo" worm, Texas rigged with a 4/0 Trokar offset worm hook and a half-ounce bullet weight. A half-ounce weight gets to the bottom quick enough but is still light enough to flip shallow cover, Thomas explains. When the fish are thick in the backs of creeks, he relies on two main lures.

"In the back creeks, I'm heavy on the buzzbait and the spinnerbait," he says. "These are shad imitators. I target rock and blowdowns. You'll also have more color [muddy water] in the backs. I will also use lipless crankbait and fan-cast early and switch to a spinnerbait later. The bass are there to feed up for the winter.


Thomas' favorite spinnerbait is a Lunker Lure "Hawg Caller Double

Willow" model in the half-ounce size. Black-and-chartreuse is good color combination, especially if the water is stained. His buzzbait preference is a half-ounce Rush Lures "D.R. Series" model.

"It's got a long shank so you don't need to use a trailer hook on it," Thomas explains. "It also has a Trokar hook.

Thomas has other reasons to enjoy fall bass fishing in addition to catching bass. The recreational boat traffic is pretty much gone, so he doesn't have to compete with ski boats and personal watercraft on the lake. Fewer fishermen also means less pressure on the fish, hence less "spooky" fish.

The timing of this seasonal fishery coincides with the white-tailed deer season, especially in the eastern part of the state. For Thomas, it's not unusual to fish a creek, look up on a hillside and spot the blaze orange of a deer hunter in a tree stand.

"You can count on the shad migration in the fall like you can count on the deer rut in the fall," he says. 

Mike Zlotnicki is associate editor at Wildlife in North Carolina magazine. He lives in Garner with his wife, three daughters and two German shorthaired pointers.

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Fall for Climbing Aster

By L.A. Jackson

With a late flower show that begins in October and can last—if the weather is mild—into December, the unusual climbing aster (*Ampelaster carolinianus*) reignites blooming interest in ornamental gardens typically on the wane with the deepening of autumn. This beauty starts off slowly with sporadic sprinklings of star-like, 1-inch-wide, pale purple to pink blossoms, but it soon erupts with delightful cascades of unexpected fall floral color.

This odd aster can best be described as a stretching, sprawling shrub, or vine...or shrub-like vine. A true wanderer, the climbing aster lives up to its name, with its multiple branches growing 10 to 12 feet or more in length. In the garden, some support is needed because it reaches rather than clutches, but such an autumnal delight looks right at home weaving through a fence, leaning on a post or spilling over a wall. This woody plant does not die back in the winter, although it will lose its leaves.

And guess what? The climbing aster is actually native to our state. It can be found in eastern North Carolina wetlands and as far south as the swamps of Florida. For wanting gardeners, this aster can sometimes be spotted for sale in specialty nurseries, and it is an easy find online.

True to its soaked roots, climbing aster is an excellent addition to potentially soggy areas, such as low-lying lairs in the garden or sites that don't drain well. However, don't be shy about using this woody vine in other areas of the landscape, as it will also grow in rich, loamy garden soil, where it can readily thrive as long as water is provided regularly during times of extended drought.

Climbing aster will perform fairly well in partly sunny sites, but for maximum flower power, locate it in full sun. If you feel the need to feed this plant, do it in moderation. It will get by nicely with a simple spring application of compost or commercial organic fertilizer. And since it will



Climbing Aster

readily sprawl, any pruning to keep it in bounds should be done in the early spring—but try not to cut off more than a third of its branches' lengths. **C**

L.A. Jackson is the former editor of *Carolina Gardener* magazine. Contact L.A. at lajackson1@gmail.com.



Garden To Do's for October

If you want your Halloween pumpkin looking fresh as an outdoor ornament until the first heavy frosts of the season, keep it clean. After wiping the pumpkin with a slightly damp cloth, spray it with a mix of one teaspoon of bleach per quart of water to help prevent mold, mildew and bacteria from turning the rind and pulp to yuck. This spray can also be used to help extend the visual enjoyment of a carved jack o' lantern. Of course, such a treatment trick makes the pumpkin inedible.

☐ During this Halloween season, haunt your favorite local garden shops for great end-of-growing-season sales on perennials, shrubs and trees.

☐ Thinking about adding new garden beds next year? Don't think—start now. Dig up or rototill the areas and either leave them rough until early next spring or plant with a cover crop such as nutrient-gathering winter rye.

☐ Sow your salad patch before frosty nights arrive.

☐ The autumn leaf fall can be pretty, but it can also suffocate a lawn if this spent foliage isn't raked up every few days. This is especially true for newly established lawns.

☐ Speaking of falling foliage, an easy way to keep the water garden free of autumn debris is to stretch a fine mesh net over the pond to catch any wayward leaves.

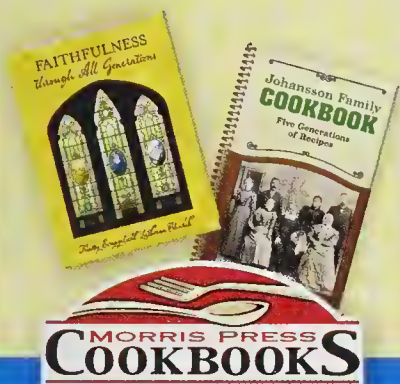
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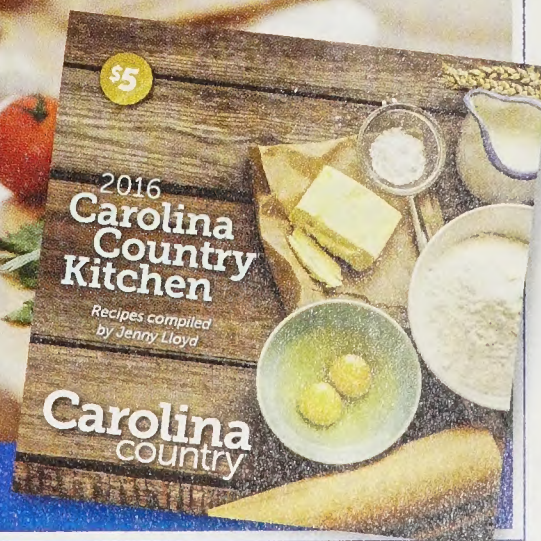
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Creamy Fall Clam Chowder

As the days grow shorter and cooler, a mug of this clam chowder will warm you from the inside out. Gather friends, start a Sunday Supper Soup Group and bring this to the table for accolades all around!

Melt butter in a heavy pot over medium heat. Sauté shallot, celery, red peppers and mushrooms until tender. Stir in garlic. Add flour and black & white peppers.

Cook 4–5 minutes, stirring often to incorporate flour. Whisk milk and half & half into flour mixture until smooth. Add thyme and clams.

Simmer until slightly thickened being careful not to boil. Taste and add salt as needed. Garnish with crumbled bacon and sprigs of thyme.

Yield: About 3 quarts

- 1 cup butter
- 2 cups thinly sliced shallot
- 4–5 stalks celery, diced
- 2 red bell peppers, seeded and diced
- 8 ounces portabella mushrooms, chopped
- 2 tablespoons garlic paste
- 1/3 cup all-purpose flour (more if you prefer thicker)
- Several turns of freshly ground black pepper
- 1 tablespoon white pepper
- 6 cups milk
- 6 cups half & half
- 3 tablespoons fresh thyme leaves (or 1 teaspoon dried)
- 5 10-ounce cans clams with juice
- Salt, to taste
- 8 slices bacon, cooked and crumbled

Sweet Potato Hushpuppies

These crispy-on-the-outside and moist-in-the-middle hushpuppies featuring NC sweet potatoes are the perfect side dish for our clam chowder (or any bowl of your favorite soup). Great on a brunch table, too!

- 1 1/4 cup hushpuppy mix (we used House-Autry)
- 1/2 cup club soda
- 1/2 cup cooked, mashed sweet potato
- 1/2 teaspoon cinnamon
- 2 teaspoons sugar
- Pinch of salt
- Peanut oil for frying

Combine all the ingredients except oil and mix well. Let sit 15 minutes.

Heat oil to 350 degrees.

Using a teaspoon, drop hushpuppy batter into the oil. Fry about 3–4 minutes until golden brown. Remove with slotted spoon and drain on paper towels.

Yield: About 2 dozen hushpuppies



Unless otherwise noted, recipes on this page are from Wendy Perry, a culinary adventurer specializing in NC-made food products and small NC farms.

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From Your Kitchen



Pumpkin Cobbler

- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup granulated sugar
- 2 teaspoons pumpkin pie spice
- 1/2 cup canned pumpkin (not pumpkin pie filling)
- 1/4 cup milk
- 1/4 cup melted butter or vegetable oil
- 1 1/2 teaspoons vanilla

Topping

- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup chopped pecans
- 1 1/2 cups very hot water

Preheat oven to 350 degrees.

In a medium size bowl, stir flour, baking powder, salt, sugar and spice and set aside.

In a smaller bowl, stir pumpkin, milk, melted butter and vanilla together to combine. Pour wet ingredients into dry ingredients and mix to create a thick batter. Pour into an 8-inch casserole dish with high sides.

In a separate bowl, stir sugar, brown sugar and pecans together. Spread evenly over batter. Pour hot water over the entire thing (**without stirring**) and bake for 40 minutes or once the middle is set. (Place a baking sheet under in case it bubbles over.)

Cool 5–10 minutes before serving. Serve warm with vanilla ice cream.

Yield: 6–8 servings

Recipe courtesy of Melanie Foster, Wilkesboro, a member of Blue Ridge Energy

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—Jenny Lloyd, recipes editor

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